

Progress needed to help mentally ill, advocates say

7 years after prison death, system still needs work, some say

We Day: R&B star surprises Halifax students

'Stick to your passion and you'll go places,' says JRDN PAGET

State-of-the-art biz campus to cost \$200M: CEO

Armour Group complex to replace former Blackberry building PAGE 10

A WIN FOR FEMINISTS (YAY?)

NEW METRO COLUMNIST CELEBRATES POWERFUL MEN BEING HELD TO ... REASONABLE STANDARDS

PAGE 29





MORE CHARGES LAID

Kelly Amanda MacDonald leaves Dartmouth provincial court on Thursday. MacDonald is charged with the first-degree murder of Catie Miller, and is one of three people now behind bars in the case. Coverage, pages 4 and 5. JEFF HARPER/METRO

Tolerance for immigrants dips

City Matters. Survey responses suggest that, despite urgent need to increase number of new residents, attitudes aren't improving



RUTH DAVENPORT ruth.davenport@metror

A year of increased discussion on the importance of immigrants in Halifax hasn't improved perceptions of tolerance in the latest City Matters survey.

Halifax residents gave "tolerance of immigrants" an average score of 6.7 — lower than last year's mean score of 7.0

The senior counsel for the research firm that conducted the survey said the results are surprising — and disappointing

appointing.
"I think the story might be that there's no shift, despite what appears to be the conversation in the community about immigration and its

relevance and importance," said Rick Emberley of MQO research.

The manager of the YMCA's Centre for Immigrant Services said the results suggest Halifax is "challenged" when it comes to looking at deeper issues of inclusion and cultural understanding.

"There's certain pockets of professionals, maybe, or people in the city that really see the value in diversity and are really working towards it, but somehow it doesn't get shared with everybody," said Kathryn Khan.

Khan said more Halifax residents need to take the time to meet and talk to newcomers, rather than simply talking about them.

"I think if the average Haligonian knew how interesting it was to meet somebody from a different place and to learn about a different perspective ... or celebrate different customs, maybe they would be more inclined to say that Halifax is a tolerant place.

Mayor Mike Savage has focused on the need to be more welcoming of newcomers since taking office. He hosted the first Mayor's International Student Welcome at Pier 21 in September, and argued for giving permanent residents the right to vote in municipal elections — a proposal endorsed by the city's executive standing committee this week.

Savage said Halifax residents need to do more than simply "tolerate" new immigrants and international students in order to create a welcoming home.

"What the goal is, whether it's for LGBTQ or new Canadians or new graduates or for anything, it's embracing and accepting and honouring and recognizing, more than tolerance," he said.

CITY MATTERS

→ In this series we listen to what you, the people of Halifax, have to say on issues.
 → Turn to page 6 for a roundup of how you rate our quality of life.

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Man's death brought reforms but there's a 'long way' to go Howard Hyde. Despite

Howard Hyde. Despite improvements to lives of mentally ill in Halifax, advocates say that more progress is necessary

Seven years after Howard Hyde died following an altercation with jail guards, advocates say reforms have improved the lives of Nova Scotia people with mental illness, but they worry progress has stalled.

Hyde died on Nov. 22, 2007, about 30 hours after he had been arrested by Halifax police, then Tasered several times later outside a cell.

It's been four years since a fatality inquiry by Judge Anne Derrick made 80 recommendations calling for improvements in how the justice and health systems treat people with mental illness.

Andrew Canfield, 26, who has bipolar disorder, says a recommendation from the inquiry for a peer support program has changed his life.

A counsellor who has experienced his illness has helped Canfield improve his social skills, keep a job and resume a university course, he said in an interview.

"It's great that the system has progressed. It's unfortunate it had to come at the expense of a man's life," he added.

"But I still think we need to come a long way."

Derrick found no certain cause of death for Hyde, but she said the use of stun guns worsened his rapidly deteriorating mental state.

Her report also described



how the 45-year-old former musician who lived with schizo-phrenia was poorly served by an underfunded system that lacked community supports, relying heavily on drugs and involuntary hospitalization. She made 80 recommendations and said the government had failed to meet its own standards of care for people with mental illness

There have been steps taken in each area, with the province saying all but two recommendations have either been completed, partially completed or
— in the case of training — are still being worked on

still being worked on.

The province's former NDP government brought in a mental health strategy that saw about \$5.2 million added to funding in 2012-13 to create community-based programs.

The Health Department also says in an email that 1,442 police officers, sheriffs, corrections officers, emergency staff and justice officials have received a course on recognizing signs and symptoms of mental illness.

Meanwhile, a mental health crisis line is available and now receives about 3,500 calls a month, said Patricia MurHealth Minister Leo Glavine was unavailable for an interview, but an email from the department says district health authorities have been ordered not to cut funding to mental health in the provincial budget.

ray, special adviser on mental health and addictions in the Health Department.

Fred Sanford, the Justice Department's director of policing, said a new policy on stun guns emphasizes that non-violent interventions should be tried first

"A police officer must be in fear of immediate serious injury or death. We've revamped the conducted energy weapon training package and includes a good segment on people with mental illness," he said.

Justice Department statistics show stun guns were drawn but not fired 145 times by police officers in 2013, a 58 per cent increase over 2007, but the number of times the weapons were actually fired has dropped 43 per cent compared to 2007.

Still, mental health advocates say they want more progress on Derrick's call for the creation of a "robust" system of supported housing and care in the community.

THE CANADIAN PRESS

Quoted

"There's not a day that goes by that I don't think of Howard Hyde and this inquiry."

Dan MacRury, former lead counsel for the fatality inquiry

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metr⊕ **HALIFAX** metronews.ca WEEKEND, November 28-30, 2014

Three people now charged in Catie Miller homicide

Court. Woman accused of first-degree murder 'stressed,' lawyer says

STEPHANIE TAYLOR

The woman charged with first-degree murder in the killing of Catie Miller didn't speak and sat visibly nervous during her appearance in court on Thursday.

Kelly Amanda MacDonald, 33, of Lawrencetown was arrested and charged Wednesday morning with first-degree murder and indecently interfering with a dead human body.

She made an appearance in Dartmouth provincial court Thursday, wearing a bright-pink sweater underneath a black jacket, with her hair tied back in a ponytail and her hands folded. Her trial lawyer Pavel Boubnov asked the judge that her case be adjourned to give counsel more time to prepare for what he expects will be a "massive disclosure" by the Crown.



All three suspects have been remanded to correctional facilities and are due back in court on Feb.

"As in (the) case of any first-degree murder, the disclosure is massive, and whoever represents MacDonald needs significant time to review (it)," he said outside the courtroom.

He went on to describe his client as feeling "stressed," noting that she is a mother to an eightmonth-old daughter, who is currently staying with family.

Jason James Johnson, who was arrested on Saturday, also faces one charge of first-degree murder, along with indecently interfering with a dead human body, and appeared in court on Monday.

Court documents allege that Johnson and MacDonald murdered Miller somewhere near Halifax, and that a third suspect, George



Edward Hubley, assisted the

Hubley, 30, who lives in Sheet Harbour Passage, also made a brief appearance in Dartmouth court Thursday, facing charges of accessory to murder and indecently interfering with a dead hu-

rain jacket with dark jeans and looked at the floor as the charges were read.

"All three accused are known to one another," Halifax police spokesperson Const. Pierre Bourdages said Thursday morning after MacDonald and Hubley

Donald is not. Bourdages

also explained that both Hubley and MacDonald did not know Miller prior to her killing, unlike Johnson, who had been in a past relationship with her.

Ĥomicide tors are still searching for evidence at four different scenes: two in Lawrencetown, one in Goffs and one in Sheet Harbour Pas-

Police stated on Wednesday that investigators had discovered human remains at one of these locations but have not disclosed whether they belonged to Miller.

Bourdages added that ground search-and-rescue teams were assisting police.

"The investigation is ongoing," he said, not ruling out the possibility of more



pair in disposing of her remains and other evidence near Sheet Harbour Passage.

He wore a bright-blue

were charged. He stated that Hubley is known to police, but Mac-

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'A long, long hard four months'

Church. Pastor helping to counsel Catie Miller's grieving family

For the family of Catie Miller, life has been a storm.

That is exactly how the pastor counselling the grieving family describes how they're feeling, especially Catie's father, Dr. John Miller, and mother, Terry.

Rev. Ida Armstrong-Whitehouse of Bedford Baptist Church, who officiated the two vigils held by the family in an effort to bring their missing daughter home, is now preparing them to say their final goodbye.

"It's been a long, long hard four months for them," Whitehouse said Thursday.

She was contacted Sunday, after hearing the news that Miller, who disappeared on July 15, had been murdered and that the first of what would later become



three arrests were made.

Whitehouse said there are no guidelines for how families are to deal with the pain of loss, particularly when it comes to grieving

the unexpected death of a child.

At first, she said, people often feel an overwhelming sense of numbness, followed by anger, then enter into a

period of asking, "Why?" Whitehouse said many

Whitehouse said many grieving parents, like the Millers, will ask themselves, "Is there some way we could have protected them?"

For friends and family of Catie, she believes closure will be a step-by-step process, beginning with attending service to remember her at the Bedford Baptist

Quoted

"Life is such a precious gift ... that when it's suddenly taken away, it just seems so unfair."

Rev. Ida Armstrong-Whitehouse

Church on Saturday.

But the family has a long road ahead, since the three people accused in Miller's killing will likely go to trial and the many details surrounding her murder will be revealed in court.

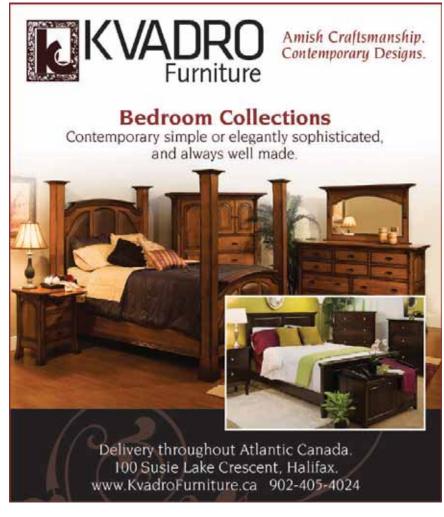
The family has already reached out to victim services in the province, but Whitehouse said they are advised to limit the amount of information they hear, so as not to cause any "post-traumatic stress."

But above all else, she said, what they need is support.

"We can't take away their pain, but we can walk alongside them in their pain," she said.

STEPHANIE TAYLOR/FOR METRO







CITY MATTERS

- → This is the fifth in our five-part series where we hear what you, the people of Halifax, have to say on city issues.
- → Tweet your views using the hashtag #citymattersHalifax. → Read the whole package online at metronews.ca.

The quality of life in Halifax

City Matters respondents say restaurants, recreation and arts make it a pretty great place to raise a family. City Matters was conducted by MQO Research for Metro Halifax and the Greater Halifax Partnership and surveyed 500 adult Halifax residents in online panels from Nov. 7 to Nov. 14.

RUTH DAVENPORT

Restaurant and café culture



EFF HARPER/METRO

8.1

For a third straight year, Halifax's restaurants and cafés get the highest average rating of the 'quality of life' indicators, with 70 per cent of respondents ranking the local food scene 8 or higher out of 10. With annual events celebrating everything from beer to sausages, and food-truck fare that runs the gamut from fries to burritos to gourmet grilled-cheese sandwiches, there's no question Halifax is a slow-local-foodie's dream.

'Family friendly'



EFF HARPER/METR

A good place to raise kids

Survey respondents feel pretty strongly that Halifax is a good place to raise a family, giving the city a 7.7 out of 10. The average rises to 8.1 among respondents 55 and older, who may be among the best judges of the city's "family-friendly" qualities. Whether it's the city's abundance of beaches and parks, Theodore Too or the laid-back friendly nature of its residents, 63 per cent of survey respondents gave Halifax an 8 or higher for this question.

Downtown Halifax

Safety in the city

Survey respondents still feel pretty safe in downtown Halifax but not as safe as they did last year. More than 60 per cent say they feel mostly or very safe in the downtown core, compared to almost 90 per cent in the 2013 survey. Just over 40 per cent said they'd feel mostly very safe walking alone at night, down from nearly 60 per cent last year. The downtown core is an operational priority of Halifax Regional Police, which implemented a targeted safety strategy with increased visibility and zero tolerance for public intoxication in June 2012.

JEFF HARPER/METRO

Outdoor, indoor recreational facilities

With mean scores of 7.3 and 7.2 out of 10, outdoor and indoor recreational facilities come in around middle of the pack.

- The decision to keep the Emera Oval as a permanent, free and now year-round structure has been a resounding success.
- Indoor facilities will get a lift in the coming years with the renovation of the Halifax Forum and the revitalization of the Dartmouth Sportsplex.



7.4

Despite coming in on the low end of per-capita arts funding, Halifax fares well at 7.4 out of 10 in the survey for arts and cultural events. The city has a robust local music scene — as any self-respecting city steeped in ocean lore and history should — but also brags the annual Nocturne arts festival, the historic Neptune theatre and the muchoved Shakespeare by the Sea. And municipal government support for the arts is shifting — in the last two years, city council has established an arts advisory council and a grants program to provide stable funding to professional artists.



JEFF HARPER/METRO



JEFF HARPER/METRO

6.1 out of 10

Housing affordability

Housing affordability rounds out the quality-of-life scores with an average of 6.1 out of 10. The Canadian Real Estate Association lists the average price in Halifax at \$264,447 in October — well below the national average of \$419,669

but higher than other Maritime cities and even slightly above the average in Quebec City.

IEFF HARPER/METRO



Traffic. Ugh.



EFF HARPER/METRO

6.6

Anyone who's ever sat on the Bedford Highway in a traffic jam or been caught in the wrong lane of one of Halifax's screwy five-corner intersections won't question this score out of 10 for traffic and navigation.

Inspiring teenagers to make a difference 'crucial': JRDN

Free the Children ambassador. R&B singer surprises students before We Day event in Halifax



HALEY RYAN

While Jordan Croucher loved his university experience playing basketball, he said watching Kenyan children show up for school at 4 a.m. made him want to do it all over again a bit differently.

Croucher, Canadian R&B star and former St. Patrick's High School student, is better known as his stage name JRDN. He paid a surprise visit to Citadel High School Thursday to get kids excited about We Day on Friday and mak-

ing social change.
"I just say stick to your passion and you'll go places,' the Halifax musician told

about 40 students and Me to We members after appearing to the whole school in the cafeteria at lunchtime and singing the chorus of his hit Like Magic.

As a Free the Children ambassador, Croucher travelled to Kenya for a week this August to help build a school, met with Masaai warriors, and saw lots of children so excited for school they waited by the doors at 4 a.m.

"It put everything in per-spective," Croucher said. "I honestly wish I could have went back to university and ... spend more time in the classroom and the books instead of the court.

"Just the look on the kids' faces, that was the biggest highlight.'

Croucher said fellow hiphop artist Kardinal Offishall got him involved in the We Day events, and inspiring young people to make positive changes is "crucial" at this stage of their life.

Kestrel Musselman and Laura Scaravelli, student

We Day Atlantic Canada takes place with about 8,000 students at the Scotiabank Centre on Friday. Appearances include Mia Farrow, Shawn Desman, Kweku Mandela and more.

leaders with Citadel's Me to We group, said it was great to have Croucher in the school because it can be "pretty hard" to get teens excited about making a difference.

The group raised \$250 in funds and sent in donated clothes for the Out of the Cold shelter in Halifax, and both said young people can lead real change just as well as adults.

"Think about all the causes older people have started," Scaravelli said. "How much more could you have done if you had started that 10 years



Primary students struggling physically, emotionally: Report

A new report by the province measuring the skills and development levels of primary school students reveals that many children at that age level are struggling.

The first-of-its-kind Early Development Instrument (EDI) was released Thursday, and used data collected by primary teachers from the 2012-13 school year.

The teachers completed a questionnaire for each child in their class about five areas: physical health; emotional maturity; communication skills; social competence and language development.

The results revealed that 26.8 per cent of children struggled in at least one of these areas, and 18.3 per cent had challenges in two or more.

The data indicated that children are entering school with a strong grasp of language and cognitive development, but are lacking in physical health and wellbeing.

Dr. John LeBlanc, a pediatrician at the IWK Health Centre and associate professor of pediatrics at Dalhousie's medical school, said

in a release the report's results are not supposed to pinpoint specific strengths and weakness in students, but provide a"snapshot" of the skills children already

have when they enter school. metro

For more local news visit metronews.ca

Results across the province

The report also outlined the number of students who face challenges across the province's eight school boards.

The highest amount of struggling children -40.8

per cent— were in the Tri-County Regional School Board.

The Halifax Regional School Board came in the lowest at 23.1 per cent.





metr⊕ **HALIFAX** metronews.ca WEEKEND, November 28-30, 2014

Two men charged in robbery

Cole Harbour. Woman robbed of prescription meds at qunpoint

Police have charged two young men following a violent rob-bery that took place in Cole Harbour on Wednesday after-

Officers responded to a complaint of a robbery involving a

weapon in the area of Shrewsbury Road in Cole Harbour around 12:30 p.m.

RCMP report that a female victim was robbed of prescription medication by two men at gunpoint. They say the suspects then fled the scene in a vehicle, and that further investigation led police to another home in Cole Harbour.

RCMP and Halifax Regional Police surrounded the home and the suspects surrendered shortly after.

Six teenagers — four boys and two girls - were taken into police custody Wednesday afternoon.

On Thursday, the RCMP announced that charges were being laid against 18-year-old Kyle Joseph Boudreau and a 17-yearold male youth who can't be identified under the Youth Criminal Justice Act. METRO

Both young men are charged with robbery and weapons-related offences as police say they seized a sawed-off .22 caliber rifle. a sawed-off shotgun and two replica 9 mm handguns after the search of a home in Cole Harbour.



The judge presiding over the trial of Joseph James Landry in Port Hawkesbury allowed reporters to take photographs last week of the boat that Phillip Boudreau was on before his death. ALY THOMSON/THE CANADIAN PRES

Landry trial goes to jury

Crown, defence make final arguments. Jury will hear the judge's instructions on Friday

There's compelling evidence that a Nova Scotia fisherman who has pleaded not guilty to second-degree murder - oversaw and had a direct role in the killing of a man for allegedly cutting lobster traps, a Crown prosecutor argued Thursday.

Shane Russell said an enraged Joseph James Landry, 67, was determined to murder Phillip Boudreau on June 1, 2013, in Petit de Grat Harbour in Cape Breton.

"I would submit to you that James Landry on June 1 was the straw that stirred the drink ... and the series of events that led to the murder of Phillip Boudreau," Russell said in his closing argument to the jury in Nova Scotia Supreme Court.

"He was the first man on the field. He was leading the cause."

Part of Russell's argument focused on a key witness, Craig Landry, who told the jury Joseph James Landry was behind the decision to run over the 43-year-old Boudreau, whose body has not been found.

But defence lawyer Luke Craggs said Craig Landry's testimony was flawed by a series of strange, illogical statements. He urged the jury not to believe it.

A statement his client gave to police where Joseph James Landry says he fired four shots at Boudreau from the Twin Maggies fishing vessel were also discounted by Craggs, who argued the fisherman was taking the blame to protect others.

In the videotaped statement played in court, Landry says he

In his closing arguments, Crown prosecutor Shane Russell highlighted Craig Landry's evidence that Boudreau insisted he wasn't cutting traps and he pleaded with Joseph James Landry to stop.

• Defence lawyer Luke Craggs said Craig Landry's testimony was unbelievable, adding it would have been difficult to use a gaff to hook Boudreau's body from the deck of the Twin Maggies.

believed he may have hit Boudreau on the hip.

In an initial interview with police recorded on June 7, 2013, Landry says he drove the Twin Maggies repeatedly over Boudreau's four-metre speedboat until it sank. But in a second statement heard Thursday, Landry says he made that story up to protect other crew members.

"I wanted to cover for my son-in-law and Craig," he said to a police officer after swearing on a Bible.

His son-in-law Dwayne Matthew Samson, the captain of the Twin Maggies, is also charged with second-degree murder. His wife Carla Samson, the owner of the lobster boat and Joseph James Landry's daughter, faces a charge of being an accessory after the fact. Craig Landry, who is a third cousin of Joseph James Landry, is charged with being an accessory after the fact.

Dwayne Samson, Carla Samson and Craig Landry have yet to stand trial.

THE CANADIAN PRESS



They've been through a lot lately... and none of it of their own choosing.

In just one short year, the McNeil Government has managed to ram through:

- An Essential Services Agreement (Bill 37) that virtually eliminates the right to strike for workers in this sector — as well as every worker covered by the Departments of Health and Community Services (40,000 employees in total)
- · A so-called 'Health Authorities Act' (Bill 1) that will force unionized workers into four new bargaining units of the government's choosing, while charging ahead with their plan to merge nine District Health Authorities into one

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North end. Shots fired at pedestrian: Report

Halifax Regional Police are investigating a morning shooting in the city's north end.

Around 7:30 a.m. Thursday, police received a report of several shots being fired at the intersection of Cunard and Maynard streets.

A witness told police he saw someone in a car fire several shots at a pedestrian walking on Maynard Street.

When officers arrived on scene, they were unable to locate the vehicle or the pedestrian fired at.

The car in question is described as a black four-door

Got a tip?

Anyone with information is asked to contact Halifax police or Crime Stoppers.

sedan with the back window tinted.

The pedestrian is described as a black man who was wearing a reflective traffic vest.

Anyone with information is asked to contact Halifax police or Crime Stoppers. METRO

Raid. 2 men charged after drugs, replica gun seized

Halifax police have charged two men with drug trafficking after the RCMP executed a search warrant at a home in West Porters Lake on Thursday.

The search happened in the early morning hours on Boondocks Lane, and according to police, resulted in cocaine, marijuana, MDMA and drug paraphernalia being seized. The RCMP also say

they found a replica handgun.

A 25-year-old man and a 27-year-old man, both from West Porters Lake, were arrested and are each facing four counts of possession of drugs for the purpose of trafficking.

They've been released from custody and are due in Dartmouth provincial court on Jan. 7.

METRO

Cape Breton

Murder case adjourned again

A preliminary hearing for two Cape Breton men charged with seconddegree murder has been adjourned until June.

Thomas Ted Barrett, 52, and Morgan James MacNeil, 23, are charged with the murder of Laura Catherine Jessome, 21, of Bras d'Or, whose body was found along the shores of the Mira River in Marion Bridge in May 2012.

Barrett is also facing another count of seconddegree murder in relation to the death of Brett Elizabeth McKinnon, 21, of Glace Bay who died in 2006.

A preliminary hearing for both accused is now tentatively set to begin June 1. CAPE BRETON POST



New development means new talent: Armour CEO

'New-age business campus.' Armour Group to build \$200M complex at site of former Blackberry building



RUTH DAVENPORT ruth.davenport@metronews.ca

The CEO of Armour Group says a new commercial development in Bedford will be nothing like Halifax has ever seen before.

On Thursday, Scott McCrea announced the company will spend just over \$200 million on creating what he calls, "a newage business campus," at site of the former Blackberry building at 50 Innovation Dr., adjacent to Charles P. Allen High School.

"At the end of the day it is a real-estate development, but in some small way we're hoping it can have an impact on our economic future," he said Thursday.

The new development, dubbed EON Square, will be approximately one million square feet, and feature seven new office buildings, a business-class hotel and 30,000 square feet of restaurant and retail space.

McCrea said that first phase of construction will begin on the former Blackberry building — which also houses IBM Canada and Bell Aliant — to expand the now 50,000-squarefoot property to 120,000 square feet.

"Given what we see, it would not be unreasonable to have the (entire) campus finished over the next five to seven years," he added.

Bell Aliant will also be investing \$7 million to upgrade its existing data centre, located in the new square.

McCrea explained the new state-of-the-art office towers will be a hub for "collaboration, innovation and creativity," through its open-concept design, which is the type of work environment he hopes will attract young graduates.

Along with its top-notch architecture, McCrea explained

Timeline

Renovations to 50 Innovation Dr., which is the existing site of the former Blackberry building, are expected to be completed by the end of 2015.

the new development will feature a new fitness centre, fresh food stands and bike rooms with repair areas for employees to use.

"It has the chance not just to be another real estate development, but (will) truly help retain talent and be a plank in the province's efforts to attract talent to this region," he said.





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metr⊕ **HALIFAX** metronews.ca WEEKEND, November 28-30, 2014

Watching out for your loved ones

Mobile personal emergency response.

Halifax senior care facility launches new GPS watch to give families peace of mind



The province's first GPS watch is now available through Northwood senior care facility in Halifax, and a program director says the device will give "peace of mind" to many families.

White, program Tisha manager with Northwood In-Touch, said the new mobile personal emergency response service (mPERS) allows seniors or those with dementia to go about their lives and remain active while families can be alerted if they go outside a "safe zone" or have a fall.

"It's just giving families that peace of mind," White



said during Thursday's launch at Northwood.

"If they're not wanting to see mom leave the house because they're worried ...

that's not really fair to mom either because (she) could be having good days 98 per cent

Northwood has 20 watch-

es available right now, and White said they are waiting to see what the demand will be.

She said they chose the iLoc Technologies watch be-

"We hear about GPS in cars and other things, but ... it's really not been there for people to access.... This is pretty exciting."

Tisha White, program manager at Northwood InTouch

cause of its waterproof, userfriendly design (unlike a cell phone); a feature that alerts family or the 24/7 response centre when the person travels anywhere between 20 and 100 kilometres an hour when they shouldn't be; and an S.O.S. button that also sends an alert and opens a two-way phone line.

White said family members can log on to the website any time to see where their family member is. A "safe zone" can be set from 50 to 2,000 metres around them anywhere in North America and there's also an alert if the watch is put on or taken off.

The watch uses the Rogers wireless network, so White said it is accurate to within a few feet, as long as you are within cell coverage.

Most people assume this

type of GPS technology used by seniors, those with heart problems or even lone workers is already on the market, White said.

'We hear about GPS in cars and other things, but ... it's really not been there for people to access," White said. "This is pretty exciting."

By the numbers

- Buy. The GPS watch carries a price tag of more than \$400 to buy, plus a \$39 per month familymonitoring fee.
- Rent. The cost to rent the service for a month can range from \$89 to \$119, in addition to a \$50 activation fee.

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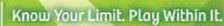
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Lobster season finally gets underway Saturday

At 6 a.m. Port reps agree to delay Friday start for one more day

It turns out the lobster fishery in southwestern Nova Scotia won't be starting on Friday after all.

The Department of Fisheries and Oceans said on Thursday following a conference call that the majority of port representatives in Lobster Fishing Area 34, which includes all of Yarmouth County and parts of Shelburne and Digby counties, voted to hold off one more day to give time

for the sea to calm down.

The season will get underway at 6 a.m. on Saturday.

A majority of the representatives felt that, since the season has already been delayed from the scheduled Nov. 24 opening, the district should take advantage of the fact that Saturday will be the better option as far as sea conditions are concerned, said Frank Quinn, the Maritimes region area director of Fisheries and Oceans Canada (DFO).

Safety is of paramount concern, according to Quinn, who said the percentage of representatives who wanted to wait one more day was

Not a first

This will be the second year in a row that the season, which should have opened on Monday, will open a few days later, on Saturday. Last year, strong winds kept the fleet tied up for nearly a week.

higher than the 75 per cent threshold required by DFO protocol to delay the season.

He stressed the decision to hold off one more day came at the request of the port representatives.

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Yarmouth renovating RCMP building

The Yarmouth town RCMP detachment is moving closer to a new home, although there is no set time frame as to when they'll be able to make the move.

The town of Yarmouth has put a call out for tenders for the renovation of an RCMP building at 233 Water St.

The work will involve

The work will involve renovations to the existing building to meet RCMP standards, which includes ventilation, security and communications systems. There are also modifications needed for lighting, plumbing systems, fire protection systems, etc.

The timetable of the renovations will depend on what the market dictates, says the town. Many contractors are quite busy with projects. Although that may impact the

Background

The town of Yarmouth will be the one to pay for the renovations.

• In recent years, the build-

ing housed the former South West Shore Development Authority and the Yarmouth and Area Industrial Commission.

pace of this project, it is good to see companies are busy, the town says.



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St. FX's Tiger connection

Top golfer. Tiger Woods' new coach has long-term relationship with St. Francis Xavier University professor

St. Francis Xavier University Human Kinetics professor Dr. Sasho MacKenzie's research, which has long been touted as groundbreaking by golf experts, is now going to play a role in Tiger Woods' daily regimen.

Woods' new coach Chris Como has worked weekly with the St. FX golf researcher over the past several years. Now that the professor's partner in golf research has been recruited by Woods as his coach, the golf legend will benefit from MacKenzie's world-renowned research in golf biomechanics.

His research focuses on the optimal way to move the club and body during the golf swing.

the golf swing.

"Chris and I have a great relationship. I'm extremely happy for him to be recruited by Tiger and very excited that some of my re-

search may facilitate Chris's work with arguably the best golfer to have ever played the game," MacKenzie said.

The professor's research has been called revolutionary by Golf WRX, a leading golf news source. MacKenzie is known as the person at the top in the golf teaching world.

"I believe Dr. MacKen-

"I believe Dr. MacKenzie's research is at the forefront of golf science," Como says in a statement.

"To my knowledge, Sasho was the first to develop a true 3D forward dynamics model of the golf swing and he used that model to shape the golf industry's understanding of the role the club shaft plays in the golf swing.

"The latest version of Sasho's mathematical model is allowing us to understand the individual contributions from each hand during the swing. Until the development of his model, this was not possible," Como adds.

MacKenzie and Como are currently working on a research project and have plans to expand into different areas of the golf industry. New GLASGOW NEWS



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Media magnate enters PQ leadership race; sovereignty his 'only objective'

Parti Québécois. Pierre Karl Peladeau said that if elected, he would be willing to put his shares in Quebecor in a trust

Categorically stating that achieving Quebec independence is his only political goal, media magnate Pierre Karl Peladeau announced Thursday he will seek the leadership of the Parti Québécois.

Peladeau confirmed what people had long been expecting when a university student asked him after a speech whether he was going to take the plunge.

When another student asked him what could motivate a rich man like him to want to become PQ leader, he repeated the dramatic phrase that marked his entry into politics last spring: "To make Quebec a country."

The one difference this time was the absence of any

fist-pump to accompany the declaration.

The gesture and the words were widely considered to have a negative impact on the Parti Québécois just days into the election campaign.

The stunning move forced the PQ to address an issue it normally avoids come election time.

After days musing about a post-secession Quebec, the party spent much of the campaign backpedalling as it dropped in the polls.

Later on Thursday, Peladeau made his way to PQ headquarters, where he was again grilled by reporters. Asked what his main theme will be during the leadership campaign, he replied without hesitation: "Sovereignty."

While the new PQ leader will be chosen in May 2015, the next election is scheduled to be held in September 2018.

Peladeau said that, if elected leader, he will spend the next few years explaining what he considers the benefits

Quoted

"I think it's clear that I've committed to achieving Quebec sovereignty. It is my objective, my only objective."

Pierre Karl Peladeau, who is running in the leadership race for Parti Quebecois

of sovereignty to Quebecers.

Polls have suggested the controlling shareholder of Quebecor Inc. would be the front-runner in the race to succeed Pauline Marois as leader.

The man, known in Quebec simply as PKP, has been criticized in some quarters for refusing to sell his shares in Quebecor, whose extensive media holdings include the TVA television network, Le Journal de Montreal and the Videotron cable company.

He repeated on Thursday he would be willing to put his shares in a trust if he becomes PQ leader. THE CANADIAN PRESS



Universities, colleges launch stand against extremism



Mount Sinjar

CF-18s help with humanitarian aid

Canadian warplanes escorted an Australian transport on a humanitarian airdrop mission over a besieged portion of northern Iraq, the military revealed Thursday.

The C-130J transport delivered 32 tonnes of relief supplies in four drops to beleaguered civilians on Mount Sinjar, where minority Yazidis remain stranded after being driven from their homes by militants.

The flights, which took place between Nov. 20-23, delivered water, tents and blankets to the civilians, who must now confront the winter in the rugged, mountain Strip. THE CANADIAN PRESS

University and colleges across the country are fighting back as a Toronto-area imam says young Muslim Canadians are joining the ranks of the Islamic State of Iraq and the Levant (ISIL, also known as ISIS), and other extremist groups.

About 200 young people have left Canada to fight along-side ISIL and other groups in recent months. As many as 90 cases are being investigated within the country, said Imam Farhan Iqbal, imam at Baitul Islam in Vaughan.

"The extremist ideology has the potential to grow if nothing is done to stop it," he said, noting that such extremist influence is a big concern for the Muslim community.

Fighting against Ebola

Military medical team heading to Sierra Leone

Canadian military medical specialists are getting ready to deploy to the epicentre of the fight against the deadly Ebola virus, and the federal government is encouraging Those who join the fighting groups are attracted by false promises of wealth and power, Iqbal said.

The groups have nothing

The groups have nothing to do with Islam as a religion, he said, but young people are often led to believe they do.

"The overwhelming majority of Muslims are peace-loving, and our basic ideology is to counter the extremist ideology," he said.

The imam will be speaking Friday at a Ryerson University event organized as part of Stop the CrISIS — a campaign that aims to counter ISIL attempts at recruiting students from college and university campuses. Similar events will be taking place at 45 universities and college at 45 universities and college at 45 universities and college and college and college at 45 universities and college and colle

private health-care workers

Teams of military medical

specialists will be deployed to

Sierra Leone for two months

period beginning at the end of

says up to 40 Canadian Armed

at a time over a six-month

December. The government

Forces health care and sup-

port staff will deploy to the

West African country at any

given time. THE CANADIAN PRESS

to join them.

Quoted

"These are troubled individuals and if he is depressed and finds (ISIL), he'll say, 'Ah, now I have something to belong to."

Blawal Aleem, Muslim Student Association, Ryerson University

leges across the country.

The campaign, which also includes efforts at the University of Toronto and York University, is described as "a riveting, eye-opening look at guarding against radicalization." It was started by the Ahmadiyya Muslim Youth Association.

"We want to condemn (ISIL) and let people know it does not represent Islam," said Blawal Aleem, president of the Muslim student association at Ryerson University. "As the youth, students are vulnerable so we want to educate them before ISIS reaches them."

ISIL jihadist Mohammed Ali, also known as Abu Turaab, took to social media last month to say he is a former Ryerson student and used online platforms to promote extremist opinions.

Aleem said people like Abu Turaab represent an isolated section of the population with personal problems, mental issues or drug addicts.

GILBERT NGABO/METRO IN TORONTO

Rounding up minutes

Bell, Telus facing class action lawsuits

An Ontario court has certified class action lawsuits against Telus and Bell over the practice of rounding up calls to the next full minute.

Lawyers for two firms representing the plaintiffs say millions of Canadian were affected by the practice in which, for example, a call that lasts one minute and one second is rounded to two minutes. While Bell and Telus had previously billed customers on a per-second basis, in mid-2002 they changed their practices so that customers were billed on a per-minute basis, with calls being rounded up to the farthest minute, the suit alleges. THE CANADIAN PRESS



EXTENDED TO WEEKEND WONDER

EXTENDED WEEKEND WONDER HOURS

FRIDAY NOVEMBER 28: 7AM—10PM

SATURDAY NOVEMBER 29: 8AM—10PM

SUNDAY NOVEMBER 30: 10AM-6PM



Foot fetish? Man faces charges in shoe incidents

Police say they have arrested a suspect in connection with multiple sexual assaults involving feet and thefts of footwear in several communities north of Toronto.

York Regional Police say the first incident happened Nov. 19 in Richmond Hill, when a man went into a tanning salon and asked a female if he could see her shoe as he was shopping for shoes.

was shopping for shoes.

When she complied, police say the man smelled her shoe then fled with it.

Police say a man went into another Richmond Hill tanning salon the next day and began asking a female questions about her boots.

It's alleged the man grabbed the victim's leg, removed her boot and sock and licked her foot without her consent, then took both the boot and sock and fled the scene.

Similar incidents were reported at tanning salons in Aurora, Innisfil and Bradford.

Mattieu Petrin, 28, of Innisfil, is charged with four counts of sexual assault, three counts of theft under \$5,000, sexual interference with a person under 16 and robbery. THE CANADIAN PRESS

Quebecer. Trial lawyer named to Supreme Court

An experienced Quebec trial lawyer has been appointed to fill a vacancy on the bench of the Supreme Court of Canada.

Suzanne Cote, who has been a member of the Quebec bar since 1981, is the first woman from private practice to be directly appointed to the Supreme Court.

She is head of the Mont-real litigation group at law firm Osler, Hoskin & Harcourt LLP.

"With her wealth of legal knowledge and decades of experience, Ms. Cote will be a tremendous benefit to this important Canadian institution," Prime Minister Stephen Harper said in a statement.

"Her appointment is the result of broad consultations with prominent members of the Quebec legal community, and we believe she will be a valued addition to Canada's highest court."

Earlier this year, the Supreme Court rejected Harp-



er's pick of Marc Nadon to join the high court's justices, saying he didn't meet its eligibility criteria.

Cote, whose appointment is effective Dec. 1, will fill a spot on the nine-member bench that will open up with the Nov. 30 retirement of Justice Louis LeBel.

THE CANADIAN PRESS



New Brunswick gets a snow day as 40,000 without power

A pedestrian walks through the snow in Moncton, N.B., on Thursday after a major winter storm buried parts of the province under more than 30 centimetres of snow, knocking out power for more than 40,000 customers. Schools and government offices in parts of the province were closed due to the weather. Andrew Validan/The Canadian Press

Contempt charges dropped against pipeline protesters

Incorrect information.

Kinder Morgan used wrong GPS co-ordinates in seeking injunction on pipeline in B.C.

A B.C. Supreme Court judge has dropped civil contempt charges against dozens of protesters who were arrested at an antipipeline protest near Vancouver.

The order came Thursday after Kinder Morgan acknow-ledged it had used incorrect GPS co-ordinates when it sought an injunction related to its Trans Mountain pipeline.

Quoted

"Apparently people have been arrested on the basis of an order that refers to some other piece of property." Judge Austin Cullen

More than 100 people have been arrested on Burnaby Mountain, including Grand Chief Stewart Phillip of the Union of B.C. Indian Chiefs, who crossed a police line around a Kinder Morgan work site earlier Thursday.

Nearly all of the arrested protesters were charged with civil contempt for violating the injunction, but the judge handling the case suggested during Thursday's hearing that the errors in the initial court order put those charges in doubt.

"What's happened thus far is that apparently people have been arrested on the basis of an order that refers to some other piece of property," Judge Austin Cullen said, prompting laughs and jeers from the courtroom's crowded public gallery.

The order doesn't apply to a small handful of protesters who faced criminal charges for assault or obstruction of justice.

Cullen also revised the injunction to correct the GPS coordinates for the one work site that is still active, so protesters arrested under that revised injunction could still face civil contempt charges.

Kinder Morgan is conducting drilling at two sites on Burnaby Mountain as it prepares for a federal approval process. The company's preferred route for the expanded Trans Mountain pipeline would tunnel through the mountain.

THE CANADIAN PRESS





Exhausted by turmoil, Egypt awaits verdict in dictator's trial

900 dead. Changing political scene now downplays criticism of Mubarak regime

Amal Shaker's 25-year-old son Ahmed was fatally shot in the back on the "Friday of Rage," one of the bloodiest days of Egypt's 2011 uprising against longtime autocrat Hosni Mubarak. Nearly four years later, she is still waiting for justice.

"We want blood for blood," she said.

Her wait is supposed to end Saturday when a verdict is expected in the 86-yearold Mubarak's trial on charges connected to the killing of more than 900 protesters against his rule. But Egypt's "trial of the century," initially watched with excitement, has largely dropped from public attention. That's partly because of how drawn out the process has been — with a trial and retrial — and partly because subsequent upheaval has flipped the political narrative

The revolutionary fervour of 2011 has been largely extinguished, replaced among many Egyptians by exhaustion from nearly four years of turmoil. Many of the prodemocracy activists central to the uprising are in prison for attempting to protest against the new president, former army chief Abdel-Fattah el-Sissi.

"The issue is over," Ahmed Hani, a Cairo accountant, said of the trial, which he, like many, is not following closely. "What's important is to improve the country, to bring it back to its prior state, more than to take an interest in a thing like this."

When the trial began in 2011, Egyptians were initially

transfixed by TV images of the former strongman who ruled for 30 years being rolled on a gurney into the defendant's cage. In June 2012, he was convicted of failing to stop the killing of protesters and was sentenced to life in prison. But the conviction was thrown out by a higher court, and a retrial began in May 2013.

Mubarak's elected successor, Islamist Mohammed Morsi, was ousted by el-Sissi and the military after massive protests that began on June 30, 2013, against the domination of Morsi's Muslim Brotherhood. A sweeping crackdown against Islamists ensued and has widened to suppress any dissenting voices.

Now the state routinely blames all violence on Islamists and foreign conspirators. TV stations and newspapers have largely dropped criticism of Mubarak's old regime

connected to the killings of more than 900 protesters against his rule.

AHMED OMAR/THE ASSOCIATED PRESS FILE

and focus all their venom on Islamists. They also at times promote a revised history, painting the 2011 uprising as part of a conspiracy to destabilize Egypt that the 2013 "revolution" corrected.

THE ASSOCIATED PRESS

Timeline

- 1981. Vice-president Mubarak succeeds assassinated Anwar Sadat as president of Egypt
- 1987, 1993, 1999, 2005.
 President Mubarak reelected. 2005 election
 widely criticized as
 fraudulent
- 2011. Popular protests of "Arab Spring." Protesters killed. Mubarak resigns
- 2012. Mohammed Morsi, first democratically elected president in Egyptian history, assumes office
- 2012. Military coup overthrows Morsi, applauded by anti-Muslim Brotherhood protests



Kabul's upscale district attacked

Taliban responsible.

Comes hours after suicide car-bomber struck British embassy vehicle

Taliban fighters staged an attack Thursday evening in an upscale district in the Afghan capital, Kabul. Witnesses decapital, Kabul. Witnesses de-scribed multiple explosions and bursts of gunfire in the Wazir Akbar Khan district, which contains numerous foreign embassies and compounds housing international agencies and companies — as well as the homes of some senior Afghan government of-

The attack came hours after a suicide car-bomber struck a British embassy vehicle, killing five people including a British

Kabul Police Chief Gen. Mohammad Zahir said there

Thursday's suicide bomb attack is the first on a diplomat-ic target in Kabul for some time, as most embassies are secured behind high concrete blast walls with razor wire and guards with automatic

The U.S. consulate in the eastern city of Herat was attacked last year and the Indian consulate, also in Herat, was attacked in May this year.

were three explosions followed by extended gunfire.

A Taliban spokesman said the intended target was a guesthouse in the district oc-

cupied by foreigners.

The spokesman, speaking on condition of anonymity, refused to give further details,

adding only that the target of the attack was "enemies." Afghan police flooded into

the area and locked down the surrounding streets. Footage from area security cameras showed heavily armed security forces and armoured vehicles

deploying in large numbers. The attack took place near the compound of the develop-ment agency International Re-

lief and Development. The agency's head of security, Tony Haslem, told The Associated Press the attack lasted about 45 minutes and he heard rocket-propelled grenades and automatic weapons being weapons

Deputy Interior Minister Mohammad Ayoub Salangi confirmed that the target of the attack was a guesthouse in the diplomatic area. He said no foreigners had been killed.

"One Nepalese guard was wounded, but all the foreign-ers are fine," Salangi said.

Giving thanks in Greece

A young boy holds a paper just after disembarking from a crippled freighter carrying hundreds of refugees trying to migrate to Europe, at the coastal Cretan port of lerapetra, Greece, on Thursday. The ship, whose 750 passengers are mostly Syrians, including children, women and elderly men, suffered engine failure on Tuesday, 70 nautical miles off Ierapetra. The migrants will be given temporary shelter at an Ierapetra indoor basketball

Protestors pause for Thanksgiving

Protesters in Ferguson, Mo., pressed "pause"
Thursday as the city
welcomed Thanksgiving,
decorating boarded-up
storefronts with some Dr.
Seuss inspiration and gatherized for the property of the company of the c ering for church services a stark contrast to previous days of outrage over the grand jury decision in the Michael Brown case.

Neither police nor the Missouri National Guard stood sentry outside the Ferguson police station, which has been a nexus for protesters since Monday night's announcement that Ferguson police officer Darren Wilson, who is white, wouldn't be indicted for fatally shooting the unarmed black 18-year-old in August. On that downtown

street, beneath a lighted "Season's Greetings" garland, three children used paintbrushes to decorate plywood covering many storefront windows. THE ASSOCIATED PRESS

More than 30 militants arrested: Israeli security

Israel's Shin Bet security service said Thursday it had uncovered a vast Hamas net-work in the West Bank that was planning large-scale at-tacks against Israelis in Jeru-

The Shin Bet said it arrested more than 30 Hamas militants who planned to kidnap Israelis and carry out attacks against Jerusalem's light rail and its largest soccer

stadium, among other targets. It said the men were trained and recruited in Jor-dan and Turkey and that various arms and explosives were recovered.

In Qatar, Hamas spokes-

man Husam Bardan didn't deny the Israeli claims.

"We are proud of our re-sistance enterprise," he said in a statement

Israel's former president Shimon Peres has come out against a bill floated by Prime Minister Benja-min Netanyahu that would define Israel as "the Jew-ish state." Peres said the legislation was driven by political interests.

Indian girls not raped, but committed suicide: Officials

India's top investigative agency said Thursday that two teenage girls believed to have been raped and hanged by attackers in a north Indian village actually committed suicide because of shame over a relationship with a boyfriend.

An earlier probe by local police and post-mortem reports were incorrect, and five innocent men were arrested, said Kanchan Prasad, spokeswoman for the Central Bureau

of Investigation, India's FBI.

Six months ago, images of the girls' bodies hanging from a tree in their village of Katra in Uttar Pradesh state shocked the country, long inured to violence against women.

Local police said the girls were gang-raped and murdered. The five men were arrested and later released on

The federal agency took over the probe following public outrage over the deaths of the two cousins, who were

about 14 years of age. "The CBI has come to the conclusion that the allegations of sexual assault and murder were false. It was a case of sui-

cide," Prasad said. She said medical reports ruled out any sexual assault, and the parents of the girls had filed a false police report of rape and murder.

THE ASSOCIATED PRESS



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metr⊕ **NEWS** metronews.ca WEEKEND, November 28-30, 2014

Rising spoken-word star connects selflessness and social media

A poet of the people.

Mustafa The Poet to bring his unique brand of empowerment to Halifax's We Day

VAWN HIMMELSBACH

I meet Mustafa The Poet at the University of Toronto Book Store, where he looks like any other student, with a New York Yankees baseball

a New York Yankees baseball cap, black varsity jacket and black jeans. But despite his unassuming appearance, he has a commanding presence. Mustafa Ahmed doesn't like the bitterness of coffee, so he orders a tea from the Second Cup in the lobby of the bookstore — with four packets of sugar. For the energy, he says, Turns out he energy, he says. Turns out he needs it: He's just finished writing an exam and in a few hours has to rush off to the airport to catch a flight to St. John's, Nfld., where he'll give a presentation on the art of

a presentation on the art of communication.

He seems to take it in stride, though, with eloquence unusual for an 18-year-old — though it probably shouldn't come as a surprise, considering he's made a name for himself as a poet and spoken-word artist He's and spoken-word artist. He's also a first-year student at U of T (on scholarship, chosen out of 8,000 candidates), studying communications and political

This year, Mustafa is opening We Day across Canada with a spoken-word perform-ance on one of this year's themes: empowerment. (We Day is an annual event taking Day is an annual event taking place Friday in Halifax at the Scotiabank Centre, bringing together speakers and performers with youth to kick off a year of action; tickets must be "earned," rather than purchased, by taking on one local and one global serion.

and one global action.)
While this isn't the first time Mustafa has performed at We Day events, he's an ideal role model for the topic of em-

powerment.

He grew up in Toronto's Regent Park and has used poetry to spread his message and inspire others. "When you're young and living in an inner-city community, a lot Mustafa Ahmed will be opening We Day at Scotiabank Centre Friday with a spoken-word performance. Scan this photo with your Metro News app for Lost Souls, the first official video from Mustafa The Poet's

of people put a lot of walls around themselves, and I was one of those kids who didn't really know how to express myself," he says.

myself," he says.

When Mustafa was 10, his older sister Namarig started to communicate with him through poetry. Now, eight years later, he's a celebrated poet, and has performed at venues such as Toronto's Roy

Thompson Hall and TedX.

Social media, however, has helped him to expand his audience — since that's where youth hang out these days.

"It's great to see people are still open to this type of art form," says Mustafa, since we seem to have shorter attention spans now with 140-character tweets and six-second Vines.

The problem with that, he says, is that no one makes a connection to the material, and connections are import-

ant, especially with poetry that's so emotional."

Through his poetry, Mustafa tries to shed light on topics "people are forgetting about," as well as spreading hope and inspiration.

You can be at any place



We365 is a mobile app and digital community that helps young people make positive change 365 days of the year. They can select the causes they're most passionate about; take action by accepting challenges (such as clean-ing a local park); or invite friends and family to take action by creating their own challenges. They can also start groups and rally around causes together. To download We365, visit the Apple store, Google Play store or we365.com.

in your life, but your heart is

in your life, but your heart is still beating, so there's always room for that inspiration to come through," he says. One of We Day's themes this year is technological empowerment. "We want to make sure we're the ideal case study of how social media can be used for social good," says Michael Rajzman, associate director of digital media with Free the Children.

That means posting positive content and maintaining

a safe online environment.

"We want to make sure we're engaging users, allowing them to feel empowered by the stories that they're telling, or we're giving them tips that allow them to them tips that allow them to empower others to do similar

things," he says. We Day has one of the largest social media followings of a non-profit organization, with 5 million combined fol-

lowers across platforms. "The world is so often filled with negative news,"

Michael Rajzman, associate director of digital media with Free the Children, of-fers five tips on how to use social media for empower-

It may seem obvious, but think about what you're posting before you post it — who might be able to see it and how it might be viewed later, says Rajzman.

Review the security settings of any social networks you're on — and do this on a regular basis, because they change. Most default security settings leave your profile fully open.

3 In terms of pushing out content, think about what matters to you and try to find a focus. That will make it honest and you're more likely to keep it up, says Rajzman.

Tumblr, Pinterest or Facebook? Social media can be time-consuming, so choose which platforms you want to be engaged with (different platforms have different audiences).

Divvy up your content. Keep personal content on your personal Facebook page, for example, and share content with a larger community on a separate Facebook fan page.

Rajzman. "People are really hungry for those positive stor-ies — people really want to be inspired.

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metr⊕ **BUSINESS** metronews.ca WEEKEND, November 28-30, 2014

U of Calgary

Study: Canada too generous to R&D

Canada needs to rethink its approach to research and development subsidies, according to a new paper by the University of Calgary's School of Public Policy.

The study, issued Thursday, argues that tax breaks for R&D performed by small firms are high by international standards and that it's likely the cost to taxpayers outweighs the benefit.

While it can be common for governments to boast about how generous they are when it comes to R&Ď, co-author John Lester questions whether that's something to be proud of without qualification. THE CANADIAN PRESS

Market Minute





All other markets closed for American Thanksgiving

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1 in 3 Canadians shopping online for holidays: Survey



da, a growing number of shoppers are avoiding the crazy crowds alto

1e, says a survey. THE ASS

Far from the madding **crowds.** More of us than ever plan to do all of our aift-buving on the web. says a new survey

A growing number of Canadians plan to do all of their holiday shopping online this year to avoid stepping foot in maddening malls, suggests a new survey commissioned by Google.

About one in three Canadians polled online by Ipsos Reid said they would rely on e-commerce to purchase all their gifts, which

MasterCard estimates e-commerce now represents about 6.7 per cent of total

was up 50 per cent compared to the results of a similar survey conducted last year.

Still, a majority of the Canadians said that while they would be doing some gift-buying research online, they would ultimately brave the crowds.

'Consumers, rather than wandering up and down on the high street or through malls, are much more purposeful now when they're making those purchase decisions. They're doing their research online prior to going into the malls and they know what they want," said Rafe Petkovic of Google Canada.

Another recent poll conducted for MasterCard Canada yielded somewhat similar results, with almost one in three Canadians saying they planned to do half or more of their holiday shopping online.

THE CANADIAN PRESS

Hacking. CBC, NHL among the websites hit

A group of politically motivated hackers operating under the name the Syrian Electronic Army briefly defaced the websites of the CBC, the NHL and a number of other prominent news outlets on Thursday.

On Thursday morning, the group posted an image to its Twitter account suggesting that it had hacked the technology company Gigya, which sells socialmedia log-in technology that companies can integrate into their websites.

"Happy thanks giving, hope you didn't miss us! The press: Please don't pretend #ISIS are civilians," tweeted the group, which supports Syrian President Bashar al-Assad.

Some visitors to CBCnews. ca and other websites saw a pop-up message that said, "You've been hacked by the Syrian Electronic Army.' THE CANADIAN PRESS

Oliver tries to quell fears over oil prices

Despite widespread concern over possible fallout from the dramatic slide in oil prices, federal finance minister Joe Oliver gave assurances Thursday that Ottawa had already factored lower oil prices into its fiscal fore-

"When we took into account the oil price decline, which had already occurred, we made the assumption that the prices would stay at the low level for the entire period," Oliver told a media availability conference on Thursday.

Oliver said that's "a relatively conservative assumption, and we'll continue to monitor the level of prices."

The finance minister's comments were delivered shortly before the OPEC oil cartel announced it would maintain production at current levels despite the oil glut on world markets that has contributed to a more than 30 per cent drop in prices from \$105 US a barrel

American markets were closed for U.S. Thanksgiving on Thursday, but in electronic trading on the New York Mercantile Exchange benchmark West Texas Intermediate, crude had tumbled \$4.64 to a 4-1/2-year low of \$69.05

While Oliver declined to discuss the direction of oil prices, he said that he believes "the major risks to Canada are external.

THE CANADIAN PRESS



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VOICES

THE OTHER F WORD



Ghomeshi's living with his mom. Cosby Show reruns have been pulled (no complaints here). Pick-up artist Julien Blanc can't get into Harrod's.

What a time we're living in! Powerful men are being held to ... reasonable standards.

It's like a huge dam made of foreskin has been broken, making way for a flood of estrogen-infused water. Yuck, but cool.

I feel like women in the Western world should be throwing some kind of solemn party right now. Maybe with grey balloons and gluten-free vegan cupcakes?

Because the celebration is weird. It's dark (can you really celebrate bad things just because they've been acknowledged?). And anyway, it feels like we've been waiting for this "party" for so long, we're all too tired to enjoy it.

We'd be celebrating the fact that we're finally being heard — I mean, we've been heard before, but there seems to be less eyerolling now.

Fifty years ago, if a woman had gone to a reporter and said, "That radio host slapped me around and tried to choke me," chances are he would have responded, "And?"

But while these victories are big, important pieces of the pie, let's not forget to keep an eye on the pie crumbs—the little pieces of sexist pastry that get stuck under our manicures on a day-to-day basis.

Like when male co-workers call me "Sweetheart" or "Dear" (I am not your girl-friend or your grandmother, thank God).

Or the fact that women still make 74 per cent of what men make (and have that money ripped from our hands twice as quickly at places such as the dry cleaner, where our shirts cost more to clean because they fall under the derogatory category of "blouses")

When last month's Hollaback video (dis-

Changing times

Fifty years ago, if a woman had gone to a reporter and said, "That radio host slapped me around and tried to choke me," chances are he would have responded, "And?"

playing a woman being berated with catcalls on the streets of New York City) was released, the backlash was frightening.

Angry men (and some women) took to Twitter, asking things like, "Can't you take a compliment?"

Sure I can — from a friend, or my brother or even the guy who runs my corner store.

But when I'm walking alone at 10 p.m. and a total stranger yells, "Gimme some of that!" I feel less complimented, more afraid for my life.

Why is your right to yell more important

than our right to feel safe and un-demeaned?

This is about feminism, which has somehow become a bad word.

If you look up feminist in the dictionary, all it says is: someone who believes in the political, economic and social equality of the sexes. It doesn't say man-hater; it doesn't say hairy woman (though there is a picture of Ani DiFranco).

We wouldn't be here at the weird, melancholy party (the streamers are beige) if it weren't for feminists.

It's the feminists (whether they even know they're feminists or not) that push these important issues forward like a car that's run out of gas on the road.

Without the feminists, Jian Ghomeshi wouldn't be sharing a TV tray with his mom right now.

Rebecca Kohler is a stand-up comic, writer, actor, gymnast, lawyer and chemist. (Some of this isn't true.) Follow her on Twitter at @becca_kohler

Happy face/Sad face

From misogynists getting banned to roque celebrity tigers, Metro weighs in on the personalities that made headlines this week:





BLACKBERRY

This week BlackBerry offered to pay iPhone users up to \$550 to switch to a Passport. Awesome deal or pathetic attempt at making friends? You decide. Also: flip phones are in again!





SINGAPORE

Singapore got a thumbs-up from feminists worldwide this week when it joined a growing list of countries to ban self-proclaimed pick-up artist Julien Blanc. The American dating coach has been accused of encouraging the use of sexual violence and emotional abuse to pick up women. Dude ... no.





DOPING

Don't dope and cycle. It didn't work for Lance Armstrong and it evidently hasn't worked for William Goodfellow. The Canadian cyclist has just been barred from competition for two years after testing positive for two banned substances. Maybe he didn't watch the Oprah special.





CHINA

You may be as surprised to read this as we are to write it: China gives free medication to people living with HIV/AIDS. Yes, that China. Now if we could only get those medications to the roughly 25 million and counting people infected with HIV/AIDS in sub-Saharan Africa.





PUTIN'S TIGER

Ustin, a rare Siberian tiger released into the wild by Vladimir Putin, is behaving badly at his new home in China. The tiger has killed 15 goats and left another three missing. "When I opened the goat house in the morning, dead goats were everywhere," said farm owner Guo Yulin. Oh, Ustin...





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Terrible trio not the worst ever

Horrible Bosses 2.

From Working Girl and Swimming with Sharks to The Devil Wears Prada, Hollywood has feasted on truly nasty power-mad bosses

At one time or another everyone has fantasized about, if not killing, then at least doing grievous bodily harm to an employer. The guys in Horrible Bosses, the 2011 comedy starring Jason Bateman, Charlie Day and Jason Sudeikis, actually tried to make their fantasies reality.

The idea of squaring off against the boss man struck a chord with a lot of people and the movie raked in more than \$100 million. So the inevitable sequel, Horrible Bosses 2, hit theatres earlier this week.

They'll have to go some ways to top the last trio of bad bosses: Jennifer Aniston as a foul-mouthed sexual predator with a bad habit of using laughing gas as foreplay; a manic boss with no scruples in the form of Kevin Spacey; and a drug-addled loser with a penchant for cocaine and masseuses who inherits a business from his papa, played by Colin Farrell, who berates his employees for coming in late after attending his dad's and their old boss's funeral.

"Well, maybe that excuse would have flown when my dad was here, but I'm in charge now."

But even that terrible trio pales in comparison to the worst movie bosses of all time.

One of the worst is Work-



In Review

RICHARD CROUSE





ing Girl's Katharine Parker (Sigourney Weaver).

Parker is two-faced, and attempts to pass off her trusted secretary Tess Mc-Gill's (Melanie Griffith) ideas as her own.

Roger Ebert said of Weaver's performance, "From her first frame on the screen, she has to say all the right things while subtly suggesting that she may not mean any of them."

In the end, Tess teaches her a lesson about honesty and gets Katharine fired.

Katharine looks like a pussycat compared to Buddy Ackerman (Kevin Spacey), the tyrannical Hollywood producer in Swimming with Sharks

"You are nothing!" he says to his new assistant Guy (Frank Whaley). "If you were in my toilet I wouldn't bother flushing it. My bathmat means more to me than you!"

Guy finally snaps, kidnaps Buddy and tortures him. But in an unexpected twist, the extreme behaviour earns Buddy's respect and Guy gets a promotion.

Finally, if you mix the swooping white hair and bad attitude of Cruella De-Ville with the people skills of Vlad the Impaler, you will come up with Miranda Priestly, the worst boss in all of moviedom.

Played by Meryl Streep in The Devil Wears Prada, Priestly is the editrix of a fictional fashion magazine called Runway who never met an assistant she couldn't humiliate with a withering glance and a few choice words.

"By all means, move at a glacial pace," she says to newbie Andy Sachs (Anne Hathaway). "You know how that thrills me."



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Pomp or puffery for chilly nights

December is an awkward time at the movies. The Oscar race is winding down, with studios cranking out the last of their prestige pictures. At the same time, a ton of people have time off, and want to spend it watching silly cinema. There will be blockbusters that get acclaim and acclaimed movies that become blockbusters. But then there's the third Night at the Museum entry, plus a movie where Seth Rogen and James Franco try to kill Kim Jong-un.

Here's how the divide goes this year.

MATT PRIGGE

Metro World News in New York City

POPCORN

Exodus: Gods and Kings

What: The Ten Commandments story — most famously told in the 1956 Easter staple The Ten Commandments — gets told again, this time by a nonbeliever (Ridley Scott), with Christian Bale attempting to wipe away memories of Charlton Heston. Good luck!

How populist: Midwestern audiences ate up tiny religious films like God's Not Dead. In fact, that film made only \$40 million less in America than the super-pricey Noah. Then again, while this is a full-on biblical epic, it's actually 100 minutes shorter than the Heston version.

Top Five

What: Chris Rock's third go at directing is an improv-heavy dramedy about a Chris Rock-like movie star (played by Chris Rock) hitting it off with a reporter (Rosario Dawson) the day of his new drama's release.

How populist: Rock made this independently, and it has a rough, handmade quality that could serve as



an antidote to studio comedies, including ones Rock himself has made.

Annie

What: It's been 32 years since the John Huston movie of the sometimes blood-curdling stage musical, so here's one with Quvenzhane Wallis, plus Jamie Foxx as a toupéed Daddy Warbucks — or, wait, he's

called Will Stacks? Where's the fun in that?

How populist: Little girls rarely get movies tailored to their desires, so maybe don't screw this one up?

The Hobbit: The Battle of the Five Armies

What: Only five armies? The final chapter in an

epic take on a 300-page novel intended for children finally comes to a close, and surely it will test how much Benedict Cumberbatch-voiced dragon fighting you can stand before going insane.

How populist: These things are bizarrely popular, especially considering how padded out and asswoundingly long they are. But hey, what's good for Martin Freeman is good for the world (maybe).

Night at the Museum: Secret of the Tomb

What: Sad, but true; these are the most successful films Ben Stiller has ever been involved with. This one comes with a deep melancholic streak: Among its cast members are late performers Robin Williams and Mickey Rooney.

How populist: These are popular, but why?

Into the Woods

What: Meryl Streep, Johnny Depp and a bunch of other popular stars round out Stephen Sondheim's beloved musical, in which fairy tales are mashed together.

ditor's choice



The Interview

What: The movie that could get America destroyed by impoverished and ill-equipped North Korea stars Seth Rogen and James Franco as reporters asked by the CIA to kill Kim Jong-un.

secretly a prolific director of arty films; Rogen's own movies (like This is the End) are broad comedies. That said, the last time Rogen attempted to storm the holiday movie box office, it was the middling The Guilt Trip.

How populist: Franco is

How populist: Remember when movie musicals were dead? The only catch is Sondheim is a musical lover's musical writer, although his often-difficult and densely written tunes are here tacked onto a very clever pastiche — with a grim second half, incidentally.





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Prestige

Wild

What: Reese Witherspoon portrays Cheryl Strayed, who hiked about 1,800 kilometres of the Pacific Crest Trail alone. Don't worry: There are a lot of flashbacks, plus a script by Nick Hornby.

How prestigious: Witherspoon goes back to her indie roots, when she was one of the most exciting budding stars. Her Strayed is not only haunted — with a deeply traumatic history involving death, divorce and drugs — but also hilariously cranky.

The Gambler

What: A remake of one of the 1970s' grimmest films, this potty-mouthed drama (written by The Departed's William Monahan) stars Mark Wahlberg as a self-destructive rich kid who owes a ton of money to three different, scary people.

How prestigious: Despite a new ending, this keeps the miserable 1970s vibe, and Marky Mark, who can be dour in dramas, is as electric as in comedies like I Heart Huckabees.

Mr. Turner

What: English filmmaker Mike Leigh is back with another immaculately researched historical piece, this one about 19th-century sea painter J.M.W. Turner (Timothy Spall).

How prestigious: Leigh crafts his movies with the actors, and Spall is one of his frequent and best thespians. If Spall doesn't get an Oscar nod, he should get a special trophy for his amazing and frequent mouth noises.

Leviathan

What: Here's a Russian drama loosely based on the book of Job, about a drunken everyman whose life is gradually undone by an evil bureaucrat, an old friend and his neglected wife. It's also not to be confused with the 2012 documentary of the same name.

How prestigious: This is Russia's submission for the Best Foreign Language Film, from the very acclaimed Andrey Zvyagintsev (Elena).

Big Eyes

What: Tim Burton tries his hand at plain (not fantastical)

Angelina Jolie's Unbroken tells the true story of Louie Zamperini, a
WWII-era Olympian who spent 2-1/2 years in a POW camp. CONTRIBUTED

Unbroken

What: Three years ago, Angelina Jolie surprised holiday viewers with the super-bleak The Land of Milk and Honey, which she directed. She does it again, this time telling of Louie Zamperini, a WWII-era Olympian who spent 47 days on a raft and then another 2-1/2 years in a POW camp.

drama, telling the true story of artist Margaret Keane (Amy Adams), whose husband (Christoph Waltz) falsely claimed her works of art were actually his creations. How prestigious: Jolie has the clout to do whatever she wants, but it's not yet clear what kind of filmmaker she is. This sounds like a classic "triumph of the human spirit" deal, but Milk and Honey was so dark and this may be, too.

How prestigious: The last time Burton did a biopic was Ed Wood, which nabbed Martin Landau an Oscar. This one shares the same writers, Scott Alexander and Larry Karaszewski, who know a thing or two about subverting the genre.

Selma

What: Of course Hollywood has never made a Martin Luther King Jr. movie. On the other hand, the first one was made by a black female filmmaker, the talented Ava DuVernay (Middle of Nowhere), with David Oyelowo as MLK.

How prestigious: This might be the most prestigious film of the year — and, amazingly, it might also be genuinely great. The focus is only on the Alabama voting rights marches in 1965, rather than his whole life, and those biopics tend to be the most rewarding.

American Sniper

What: So what did you do this year? Because, compared to Clint Eastwood, you did nothing. At 84, the actor-filmmaker has directed two features in 2014 alone, this one with Bradley Cooper as America's most "successful" sniper.

How prestigious: Eastwood needs a hit, his last run of pictures were neither critically nor commercially loved. That's not to say they weren't good.

Two Days, One Night

What: Marion Cotillard teams with deservedly esteemed Belgian social realists Jean-Pierre and Luc Dardenne, playing a woman fighting to keep her job.

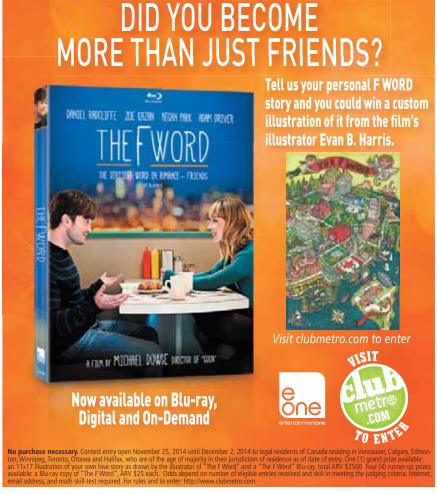
How prestigious: Few filmmakers are as reliably same-y as the Dardennes, and luckily their shtick is peerless. Despite her A-list status, Cotillard fits right into their world — but then, she's both a star and a real actor.

A Most Violent Year

What: In 2011, every movie seemed to star Jessica Chastain. She's everywhere in 2014, too, with December bringing both Miss Julie and this drama about an immigrant (Oscar Isaac) trying to keep afloat in 1981 New York City.

How prestigious: The director is J.C. Chandor, who's on a roll with Margin Call and All is Lost. And hey, this Chastain person has the goods.





Channing Tatum. Actor fell in love with doomed wrestler role over years



"I think I can comfortably say we were all very happy when the movie was over," says Channing Tatum of making the crime drama Foxcatcher.

Based on a true story, the movie begins with former Olympian Mark Schultz, played by Tatum, training to regain the glory of his past achievements. When he accepts multi-millionaire John du Pont's (Steve Carell) offer of sponsorship he begins a journey that will end in world championship glory and murder.

Director Bennett Miller wanted Foxcatcher to be the followup to his Oscar winning biopic Capote. When he first approached Tatum to play Schultz, the muscle-bound actor was best known as the eye candy in teen comedies like She's the Man and dance movies like Step Up.

"I think the first time I read the script, I just didn't understand why you'd want to make the film," he says. "There's no resolve to any of this. No lesson learned. It's way more complicated than that. It's actually more close to life. It is a portrait of something that happened. I don't think I was anywhere near to understanding the story or the character. I think I did a lot of growing in those seven

years. I fell in love with this idea of attempting this."

The actor threw himself into the role, studying wrestling, which he says is impossible to fake on screen — "It is just a melee but you get used to being inside that melee" — and even destroying a hotel room in one powerful scene.

"Î told them, 'Whatever is in that room probably won't come out not broken.' That is all from Mark Schultz. He told me he would punish himself so badly after losing that he would make losing so much worse than any physical pain he was going through in the match so he would never want to lose again."

He kept up that level of intensity for the whole shoot. "It just never stopped," he said, not even when his wife, actress Jenna Dewan, came to visit

"My wife was pregnant and she came to Pittsburgh during (the shoot)," he says. "She was supposed to stay a week but left after the second day. She was like, 'Nope. It is not healthy for me to be here. You're in a weird place. It's OK but I'm just going to go now. Love you! Call me at least once a night before you go to bed and we'll be fine."

RICHARD CROUSE/METRO

Steve Carell takes a risk, channels his dark side

Interview. Barely recognizable in a prosthetic nose, the actor better known as Michael Scott gets creepy in Foxcatcher

While discussing Foxcatcher—a bleak film, based on an unsettling tragedy, that made its way to screen after a punishing shoot—there's really only one instance where Steve Carell's voice rises above a sombre whisper.

In fact, he even breaks out laughing, and oddly enough, the topic at hand is director Bennett Miller's admission that he cast Carell as ominous multi-millionaire John du Pont because he saw a certain darkness in the usually goofy comic actor.

"As he describes it, he felt that my public persona is sort of a benign one — as was du Pont's. No one expected him to do the thing that he did," said Carell during the Toronto International Film Festival.

"As he described it to me, he felt that it was beneficial to the movie to have someone who you wouldn't necessarily think could do something horrible. But at the same time, it happens, I guess he saw, as he describes it, there was a dark —"

Here, he trails off and giggles, in his unique way.

"I laugh about it. It sounds funny for me to describe him saying that there's a dark side to me," he said, chortling again, before collecting himself.

"But apparently he saw something, when we first met,



Quotec

"I read the script and I thought it was an extraordinarily rich story. I never thought about whether I could or couldn't do it." steve Carell

that there was a quality there that he seemed to pick up on."

Carell would reward that hunch several times over with a chilling, transformative performance that should, if the pundits are to be believed, land him an Academy Award nomination.

The 52-year-old portrays du Pont, a hermetic eccentric who took a toxic interest in the life of an Olympic gold medallist wrestler, Mark Schultz (Channing Tatum), and his similarly decorated brother, Dave (Mark Ruffalo).

The real Mark Schultz was a presence onset during the making of the film, as were others involved in the grisly tale.

Carell, vaguely recognizable under the weight of grey-toned facial prosthetics, seemed to skulk about the set in fitting isolation. In the film, he drips his lines out slowly, wearing an expression of inscrutable distance — and seemingly that distance remained when the

cameras stopped rolling.

"We didn't get to know each other as ourselves as we were shooting," said the Golden Globe winner of his castmates.

"It wasn't in a pretentious way. We weren't deciding to be all method-y, all serious actor-ish. But at the same time I think we both realized it would be better for the movie and for our characters' relationship to keep each other at a distance, and we did."

"I never really thought about it," he replied when asked whether expanding his onscreen repertoire appealed to him. "I read the script and I thought it was an extraordinarily rich story. I never thought about whether I could or couldn't do it." THE CANADIAN PRESS







Now in theatres



Birdman

Director. Alejandro Gonzá-

Stars. Michael Keaton, Lindsay Duncan

Birdman or The Unexpected Virtue Of Ignorance is a black comedy that tells the story of an actor (Michael Keaton) - famous for portraying an iconic superhero — as he struggles to mount a Broadway play. In the days leading up to opening night, he battles his ego and attempts to recover his family, his career, and himself.

Rotten Tomatoes™ score Audience: **Critics:**



93% 🦷 92%





The Theory of Everything

Director. James Marsh

Stars. Eddie Redmayne, **Felicity Jones**

Starring Eddie Redmayne (Les Misérables) and Felicity Jones (The Amazing Spider-Man 2), this is the extraordinary story of one of the world's greatest living minds, the renowned astrophysicist Stephen Hawking, who falls deeply in love with fellow Cambridge student Jane Wilde.

Rotten Tomatoes™ score **Critics: Audience:**



81% 🦮 83%



Rosewater

Director. Jon Stewart

Stars. Gael García Bernal, Kim Bodnia

Rosewater is based on The New York Times best-selling memoir Then They Came for Me: A Family's Story of Love, Captivity, and Survival, written by Maziar Bahari. The film marks the directorial debut of The Daily Show host Jon Stewart, and stars Gael García Bernal. Rosewater follows the Tehran-born Bahari, a broadcast journalist with Canadian citizenship.

Rotten Tomatoes™ score Critics: Audience:







Horrible Bosses 2

Director. Sean Anders

Stars. Jason Bateman, Jason Sudeikis, Charlie Day

The followup to the 2011 hit comedy Horrible Bosses reunites Jason Bateman, Charlie Day and Jason Sudeikis as everyone's favourite working stiffs: Nick, Dale and Kurt. Jennifer Aniston (We're the Millers), and Oscar winners Jamie Foxx (Ray) and Kevin Spacey (American Beauty, The Usual Suspects) also reprise their Horrible Bosses starring roles.

Rotten Tomatoes™ score Critics: Audience:



35% 65%



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Ratings: Certified Fresh: 🚳 Fresh: 🌰 Rotten: 🧩 Audience response: 🤗 Audience anticipation for the film: 🕂

Dumb and **Dumber To**

Director. J.B. Rogers, Bobby Farrelly

Stars. Jim Carrey, Jeff Daniels

Jim Carrey and Jeff Daniels reprise their signature roles as Lloyd and Harry in the sequel to the smash hit that took the physical comedy and kicked it in the nuts: Dumb and Dumber To. The original film's directors, Peter and Bobby Farrelly, take Lloyd and Harry on a road trip to find a child Harry never knew he had.

Rotten Tomatoes™ score Critics: **Audience:**



m 56%



Interstellar

Director. Christopher Nolan

Stars. Matthew McConaughey, Anne Hathaway, Jessica Chastain

With our time on Earth coming to an end, a team of explorers undertakes the most important mission in human history; travelling beyond this galaxy to discover whether mankind has a future among the stars.

Rotten Tomatoes™ score Critics: **Audience:**





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Bayers Lake, 190 Chain Lake Alexander and the Terrible, Horrible, No Good, Very Bad Day (STC) Fri 12:15-2:40-4:55-7:20 Sat 11:30-12:15-2:40-4:55-7:20 Sun-Thu 12:15-2:40-4:55-7:20 The Best of Me (PG) Fri-Thu 9:40 Big Hero 6 (G) Fri-Thu 1 Big Hero 6 3D (G) Fri-Thu 4-6:45-9:45

Birdman or (The Unexpected Virtue of Ignorance) (STC) Fri-Thu 12:25-3:15-6:20-9:20

Corner Gas: The Movie (STC) Wed-Thu 7

Dumb and Dumber To (PG) Fri 11:30-2:05-4:50-7:40-10:15 Sat-Sun 2:05-4:50-7:40-10:15 Mon-Thu 11:30-2:05-4:50-7:40-10:15 Fury (14) Fri-Tue 12:45-3:55-7:25-10:20 Wed-Thu 12:45-3:55-10:20

Gone Girl (STC) Fri-Thu 11:45-2:55-6:05-9:35

Horrible Bosses 2 (14) Fri-Thu 12:10-1:50-2:50-4:30-5:30-7-8-9:40-10:40 Star & Strollers Screening, Wed 11

The Hunger Games: Mockingjay, Part 1 (PG) Fri-Tue 11:30-12:10-12:50-1:30-2:30-3:10-3:50-4:30-5:30-6:10-6:50-7:30-8:30-9:10-9:50-10:30 Wed-Thu 11:30-12:10-12:50-1:30-2:30-3:10-3:50-4:30-5:30-6:50-7:10-7:30-8:30-9:40-9:50-10:30

Interstellar: The IMAX Experience (PG) Fri-Thu 11:30-3-6:30-

The LEGO Movie (G) Sat 11 Penguins of Madagascar (G) Fri 11:50-2:15-4:40-7:05-9:30 Sat 11:15-11:50-2:15-4:40-7:05-9:30 Sun 2:15-4:40-7:05-9:30 Mon-Thu 11:50-2:15-4:40-7:05-9:30 Star & Strollers Screening, Wed 11 Penguins of Madagascar 3D (G) Fri-Thu 12:35-3-5:25-7:50-10:25 St. Vincent (PG) Fri-Thu 12:10-2:45-5:20-8:05-10:35 The Theory of Everything (STC) Fri-Thu 1:20-4:15-7:10-10:05

Oxford Theatre, 6408 Quin-

pool

Whiplash (STC) Fri 7-9:15 Sat-Sun 4:15-7-9:15 Mon-Thu 7-9:15

Park Lane 5657 Spring Garden Rd.

Dumb and Dumber To (PG) Fri 1:35-4:20-7:30-10:15 Sat 4:20-7:30-10:15 Sun 1:30-7:30-10 Mon 4:20-7:30-10 Tue 4:20-7:30-10:15 Wed-Thu 4:20-7:30-10 Heartbeat (STC) Fri-Sat 12:50-3:20-6:40-9:45 Sun 3:20-6:40-9:05 Mon-Thu 3:35-6:40-9:05 Horrible Bosses 2 (14) Fri-Sat 1:25-4:10-7:20-9:55 Sun 1:25-4:10-7:10-9:45 Mon 4:10-7:10-9:45 Tue 4:10-7:20-9:55 Wed-Thu 4:10-7:10-9:45

The Hunger Games: Mockingjay, Part 1 (PG) Fri-Sat 12:30-1:15-3:15-4-6:30-7:10-9:25-10:05 Sun 12:30-1:15-3:15-4-6:30-7:10-9:15-9:55 Mon 3:30-4-6:30-7:10-9:15-9:55 Tue 3:30-4-6:30-7:10-9:25-10:05 Wed-Thu 3:30-4-6:30-7:10-9:15-9:55

Interstellar (PG) Fri 1:45-6:15-9 Sat 1:45-6:15-9:05 Sun 1:45-7:40 Mon-Thu 3:50-7:40 The Metropolitan Opera: Carmen

THESE PAGES COVER MOVIE START TIMES FROM FRI., NOV. 28 TO THURS., DEC.4 TIMES ARE SUBJECT TO CHANGE.

Encore (STC) Sat 12 Sun 12:55 Penguins of Madagascar (G) Fri-Sun 1 Mon-Thu 4:15 Penguins of Madagascar 3D (G) Fri-Sat 3:35-6:55-9:15 Sun 4:15-6:55-9:25 Mon 6:55-9:25 Tue 6:55-9:15 Wed-Thu 6:55-9:25 The Theory of Everything (STC) Fri-Sun 12:45-3:45-6:45-9:35 Mon-Thu 3:45-6:45-9:35

Lower Sackville 760 Sackville Dr.

Big Hero 6 (G) Sat-Sun 2:15 Big Hero 6 3D (G) Fri-Sat 6:20-9 Sun-Thu 6:35-9:20 Dumb and Dumber To (PG) Fri 7:15-9:45 Sat 3:30-7:15-9:45 Sun 3:30-6:50-9:25 Mon 6:50-9:25 Tue 7:10-9:50 Wed-Thu 6:50-9:25 Horrible Bosses 2 (14) Fri 7:30-10 Sat 4-7:30-10 Sun 4-7:10-9:40 Mon 7:10-9:40 Tue 7:20-9:55 Wed-Thu 7:10-9:40

The Hunger Games: Mockingjay, Part 1 (PG) Fri 6:30-7-9:15-9:50 Sat 12-3-3:45-6:30-7-9:15-9:50 Sun 3-3:45-6:30-7-9:15-9:45 Mon-Thu 6:30-7-9:15-9:45 Interstellar (PG) Fri 6:15-9:45 Sat 2-6:15-9:45 Sun 2-7:30 Mon-Thu 7:30

The LEGO Movie (G) Sat 11 Penguins of Madagascar (G) Sat 11:30-2:30 Sun 2:30 Penguins of Madagascar 3D (G) Fri-Thu 6:45-9:10

Dartmouth Crossing 145 Shubie Dr.

Big Hero 6 (G) Fri-Sun 12:45 Mon 12:55 Tue 12:45 Wed-Thu 12:55 Big Hero 6 3D (G) Fri-Sun 3:30-6:25-9:10 Mon 3:40-6:25-9:10 Tue 3:30-6:25-9:10 Wed-Thu 3:40-6:25-9:10

Corner Gas: The Movie (STC) Wed-Thu 7

Dumb and Dumber To (PG) Fri 2:05-4:50-7:30-10:10 Sat 12:05-4:50-7:30-10:10 Sun 12:05-3:40-7:30-10:10 Mon-Thu 2:05-4:50-7:30-10:10

Gone Girl (STC) Fri 12:05-3:20-6:40-10 Sat 3:20-6:40-10 Sun 12:05-6:40-10 Mon 2:10-3:30-6:55-10:10 Tue 12:05-3:20-6:40-10 Wed-Thu 2:10-3:30-10:10 Horrible Bosses 2 (14) Fri-Sun 12:10-1:50-2:50-4:30-5:25-7:10-8-9:50-10:40 Mon 1:50-2:50-4:30-5:25-7:10-8-9:50-10:40 Tue 12:10-1:50-2:50-4:30-5:25-7:10-8-9:50-10:40 Wed-Thu 1:50-2:50-4:30-5:25-7:10-8-9:50-10:40 Star & Strollers Screening, Wed 11 The Hunger Games: Mockingjay, Part 1 (PG) Fri-Sun 12:15-1-1:40-3:15-3:55-4:40-6:15-6:55-7:40-9:15-9:55-10:35 Mon 12:35-1-1:40-3:30-3:55-4:40-6:30-6:55-7:40-9:25-9:55-10:35 Tue 12:15-1-1:40-3:15-3:55-4:40-6:15-6:55-7:40-9:15-9:55-10:35 Wed 12:35-1-1:40-3:30-3:55-4:40-6:30-6:55-7:40-9:25-9:55-10:35 Thu 12:30-1-1:40-3:30-3:55-4:40-6:30-6:55-7:40-9:25-9:55-10:35 Interstellar (PG) Fri-Sun 12:302:50-6:50-9:25 Mon 12:30-3:15-6:50-9:25 Tue 12:30-2:50-6:50-9:25 Wed-Thu 12:30-3:15-6:40-9:25 The LEGO Movie (G) Sat 11 The Metropolitan Opera: Carmen (STC) Sat 12

The Metropolitan Opera: Carmen Encore (STC) Sun 12:55 Penguins of Madagascar (G) Fri-Sun 12-2:20-4:45-7:15-9:40 Mon 2:20-4:45-7:15-9:40 Tue 12-2:20-4:45-7:15-9:40 Wed-Thu 2:20-4:45-7:15-9:40 Star & Strollers Screening, Wed 11 Penguins of Madagascar 3D (G) Fri-Sun 12:40-3:05-5:30-7:50-10:15 Mon 1:05-5:30-7:50-10:15 Tue 12:40-3:05-5:30-7:50-10:15 Wed-Thu 1:05-5:30-7:50-10:15 St. Vincent (PG) Fri-Sat 12:20-4:20-6:30-10:25 Sun 4:20-6:30-10:25 Mon 12:45-4:20-6:55-10:25 Tue 12:20-4:20-6:30-10:25 Wed-

Truro, 20 Treaty Trail, Millbrook

Thu 12:45-4:20-6:55-10:25

0 Treaty Trail, Millbrook, 902-895-8020 Big Hero 6 (G) Sat-Sun 3:20 Big Hero 6 3D (G) Fri-Sat 7:10-9:45 Sun-Mon 6:55-9:25 Tue 6:50-9:25 Wed-Thu 6:55-9:25 Dumb and Dumber To (PG) Fri 7:20-9:55 Sat 3-7:20-9:55 Sun 3-6:35-9:10 Mon-Thu 6:35-9:10 Horrible Bosses 2 (14) Fri 6:40-9:15 Sat-Sun 2:40-6:40-9:15 Mon-Thu 6:40-9:15 The Hunger Games: Mockingjay,

Part 1 (PG) Fri 6:30-7-9:20-9:50 Sat-Sun 2:30-3:30-6:30-7-9:20-9:50 Mon 6:30-7-9:20-9:50 Tue 6:30-7-9:20-9:45 Wed-Thu 6:30-7-9:20-9:50

Penguins of Madagascar (G) Sat-Sun 2:50

Penguins of Madagascar 3D (G) Fri-Sat 6:50-9:10 Sun-Thu 6:45-9 St. Vincent (PG) Fri 7:30-10 Sat 3·10-7·30-10 Sun 3·10-6·50-9·25 Mon 6:50-9:25 Tue 6:55-9:25 Wed-Thu 6:50-9:25

Bridgewater 349 Lahave St.

Big Hero 6 (G) Sat-Sun 3:20 Big Hero 6 3D (G) Fri-Sat 6:15-8:55 Sun-Mon 6:10-8:50 Tue 6:15-8:55 Wed-Thu 6:10-8:50 Dumb and Dumber To (PG) Fri 7-9:35 Sat 2:40-7-9:35 Sun 2:40-6:20-9 Mon 6:20-9 Tue 7-9:35 Wed-Thu 6:20-9

Horrible Bosses 2 (14) Fri 7:15-9:45 Sat 3:30-7:15-9:45 Sun 3:30-6:50-9:20 Mon 6:50-9:20 Tue 7:15-9:45 Wed-Thu 6:50-9:20 The Hunger Games: Mockingjay, Part 1 (PG) Fri 6-6:30-8:50-9:20 Sat 2:30-3:10-6-6:30-8:50-9:20 Sun 2:30-3:10-6-6:30-8:45-9:15 Mon 6-6:30-8:45-9:15 Tue 6-6:30-8:50-9:20 Wed-Thu 6-6:30-8:45-9.15

Interstellar (PG) Fri 7:30 Sat 3-7:30 Sun 3-7 Mon 7 Tue 7:30 Wed-Thu 7

Penguins of Madagascar (G) Sat-Sun 2:50

Penguins of Madagascar 3D (G) Fri-Sat 6:45-9:10 Sun-Mon 6:40-9:05 Tue 6:45-9:10 Wed-Thu 6:40-9:05



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Reese plays Wild card as actor and producer

Movies. Hollywood star banks on toughest role by developing film she wanted to see made

Once she'd decided to take on her gritty new role in Wild, there were a few things Reese Witherspoon knew she didn't want to hear from movie studio executives:

'We want her to be more

"We don't want her to use

drugs."
"We don't want her to be profane.

And so, Witherspoon says, she didn't give them the

She developed the film, which follows a hard-living woman's path to solace and

redemption via a long trek in the wilderness, outside the studio system under the auspices of her own production company, with private financing. "And then I took it to the studios and said, 'I'm not changing a word," Witherspoon recounts in an interview. "And I had three bids on it that day.'

"And I think it's important, you know?" the actress adds. You grow up, you change — I'm a 38-year-old woman now, I have three kids, and I've lived a lot of life experience. It's really important to me that the things I put out into the world are meaningful and thought-provoking. Otherwise, what am I doing?

Wild, based on the bestselling memoir by Cheryl Strayed, is a story of personal catharsis, and listening to Witherspoon, one gets the sense she was seeking a sort of professional catharsis by choosing it. The role, which has garnered significant Oscar buzz, includes difficult scenes depicting rough sex and heroin use. Witherspoon wore no makeup and spent days lugging a heavy backpack up and down hills.

"By far, it's the hardest thing I've done in my life,'

she says. "The physical aspects were really challenging the elements, the heat, the cold, the water, the rain, 55 locations in 35 days, and carrying that backpack. And there was nothing else to cut — just me." Witherspoon, who already

has one Oscar on the mantelpiece for 2005's Walk the Line, says it was no accident that she chose such a film at this point in her career, a time that finds her veering away from trademark sunny, bright roles and romantic comedies.

"It's something I con-sciously did for myself," she says. Her production company, Pacific Standard, is specifically geared toward projects with complex roles

"I was seeing sort of a deficit in leading roles for women," she says. "It was just sort of the lack of complex characters, of interesting, dynamic women onscreen. I have a 15-year-old daughter and it's very important to me what she sees, in movies and television.'

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10 Armshore Drive

Deborah Xidos of Halifax feels extremely fortunate to have been asked to decorate this home. The serenity of its natural surroundings seemed like an obvious creative inspiration for the project, however, moving forward, a stronger sense of inspiration appeared. One of new beginnings, with a family about to celebrate their baby's first Christmas. With that, it became, "Believe... there's a little Santa in all of us."



6100 Oakland Road

6100 Oakland Road has been recently rebuilt with contemporary flair. Melanie Orr of Interiors by Melanie is honoured to be instrumental in the holiday décor for this stunning home's first Christmas season. Given its graceful tones, beautiful finishings, open floor plan, and exquisite light fixtures, a sparkly, elegant holiday decorating theme is the perfect compliment. We are calling it "The Crystal Forest."



6465 Jubilee Road

"Winter Warmth." Ray Frizzell and David Mc Quaid of KEW, along with Charlotte Pierce, owner of The Flower Shop are proud to be decorating this beautiful early 20th century Dumaresq-designed house. With beautiful floral arrangements, furniture and lighting pieces, the elegance of the historic home is brought out in a contemporary manner. Leaving it feeling open and spacious and yet warm and intimate.

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"I was seeing ... a deficit in leading roles for women. It was just sort of the lack of complex characters, of interesting, dynamic women onscreen."

Reese Witherspoon

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Portman latest name attached to Jobs biopic

Natalie Portman is in talks for the female lead in the upcoming Steve Jobs biopic penned by Aaron Sorkin, according to Deadline. The movie adapting Walter Isaacson's biography of the Apple co-founder is to be directed by Danny Boyle (Trainspotting, Slumdog Millionaire). Earlier this week, the biopic was picked up by Universal after being dropped by Sony. The movie had already suffered a series of

setbacks after both Leonardo DiCaprio and Christian Bale turned down the main role. Michael Fassbender is expected to take the job although nothing has been confirmed. Seth Rogen is also reportedly in talks to portray Apple co-founder Steve Wozniak. In the meantime, Natalie Portman will star in Gavin O'Connor's Jane Got a Gun, slated for a February release. AFP

LaBeouf behavin' to get disorderly case dismissed

Actor Shia LaBeouf is complying with treatment ordered as part of a plea deal stemming from a bizarre episode during the Broadway show Cabaret. The 28-year-old Transformers star appeared in a Manhattan court this week to show proof that he's been at the Hills Treatment Center in Los Angeles. LaBeouf is due back in court March 20. If he stays in treat-



least three months and out of trouble for six months, he'll be allowed to withdraw the guilty

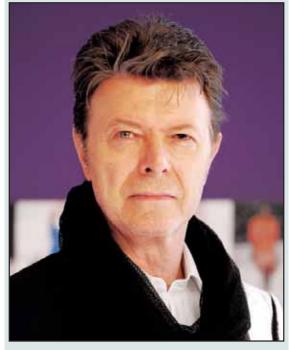
plea and

the case will be dismissed. THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Thank Bowie's mum for duet with Der Bingle



EHRBAR

Santa has made his way down Broadway for the Macy's Thanksgiving Day Parade, which means it's officially the Christmas season. So let's kick it off with one of the more interesting pop culture yuletide curios, David Bowie and Bing Crosby singing Little Drummer Boy for a 1977 TV special.

As it turns out, Bowie only did the special because "my mother loves Bing Crosby," he told Larry Gross-man, the writer of A Merrie Old Christmas.

And he also was dead set against singing Little Drummer Boy and would only be talked into it thanks to a slight rearrangement of



Carey, Mayer, Apatow to guest host Late Late Show

Singer John Mayer, filmmaker Judd Apatow and comic Drew Carey will be among the guest hosts that will fill in on CBS's The Late Late Show before new host James Corden takes over in March. The network announced its plans this week for the 12:37 a.m. time slot for the winter months after current host Craig Ferguson leaves. Ferguson's last show

will be Dec. 19. Carey will host the first week of January and the last week before Corden starts. In between, actors Will Arnett, Wayne Brady, Jim Gaffigan, Billy Gardell, Sean Hayes, Thomas Lennon and Kunal Nayyar will take turns as host. CBS will also air special late-night editions of its daytime chat show, The Talk, for a week in January. THE ASSOCIATED PRESS

Tom Hanks' kid announces his sobriety on Instagram

In order to get ahead of a cover story in Star Magazine Tom Hanks and Rita Wilson's son Chet took to Instagram.

Star writes in this week's issue: "'Chet developed a problem with cocaine this year,' a source tells Star exclusively. 'Of course, this was devastating to his dad and mom, Rita Wilson, but they've done everything they can to help him, and fully supported him in his decision to get sober."

The 24-year-old musician posted the following: "I've been struggling with substance abuse since I was 16 years old. Finally at the age of 24 I decided to get some help. With 50 days of sobriety under my belt, I can honestly say I'm the happiest I've ever been. I'm thankful for my family and everybody that cares about me, including my fans. I've been blessed with the programs of AA and NA which allow me to rise above this disease. I'm learning to accept my faults and be OK with being human. If anybody that sees this struggles with addiction, feel free to reach out." Torstar news service

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RICARDO COOKS

If you're looking to satisfy voracious sugar craving, don't underestimate power of a succulent pudding cake. With the richness of a cake plus the decadence of a rich, gooey sauce, this sweet concoction is sure to delight.

- 3 cups (720 g) brown sugar
- 3/4 cup (75 g) cocoa powder, sifted
- 2 tsp cornstarch
- 2 1/2 cups (625 ml) water
- 1/2 cup (125 ml) 35% heavy cream
- 1/2 tsp (2.5 ml) vanilla extract

- 1 cup (250 ml) milk
- 1/2 cup (50 g) cocoa powder, sifted
- 1 1/2 cups (210 g) unbleached all-purpose flour
- 1 tsp baking soda
- 1 pinch of salt
- 1/2 cup (115 g) unsalted butter, softened
- 1 1/2 cups (315 g) sugar
- 2 eggs



1. With the rack in the middle position, preheat the oven to 350 F (180 C). Butter a 13 x 9-inch (33 x 23 cm) baking dish.

1. In a saucepan over medium heat, combine the brown sugar, cocoa powder and cornstarch. Add the water and cream and bring to a boil, stirring with a whisk. Stir in the vanilla. Set aside.

- 1. In saucepan, bring milk and cocoa powder to boil, stirring with a whisk. Let cool.
- 2. In a bowl, combine the flour, baking soda and salt. Set aside.
- **3.** In another bowl, cream butter and sugar with electric mixer. Add eggs, one at a time, and beat until smooth. At low speed, add dry ingredi-

ents alternately with cocoa mix. Spoon batter into prepared dish.

4. Carefully pour hot sauce over batter. Bake 45 minutes or until toothpick inserted in centre of the cake comes out clean. Serve warm or cool.

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Middle Earth offerings



LIQUID ASSETS

Greetings from the middle of Middle Earth.

At the invitation of the wine growers of New Zealand, I've journeyed to the bottom of the planet to get lips-on with the wines, regions and forward-thinking vineyard practices of this country.

Winemakers here love the land, and their sustainability practices monitor, measure and manage their geography to ensure it keeps giving for generations to come. Nearly all the wineries have adopted this philosophy.

Being internationally renowned for Sauvignon Blanc and Pinot Noir has come at a price. With their industry considered a two-trick pony, Kiwi winemakers struggle to get their Chardonnay, Pinot Gris, Riesling and red blends to the world.

After tasting a few hundred wines, I can say that New Zealand makes a wine for every palate.

Start with Kim Crawford's 2014 Marlborough Sauvignon Blanc (\$19.99 to \$21.99), a citrusinfused, seafood-friendly white with zippy acidity and lemon/lime zest. PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.









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40 SPORTS metronews.ca WEEKEND, November 28-30, 2014





Timo Meier, seen here running over Elie Berube of the Gatineau Olympiques on Oct. 24, had four goals in the Mooseheads' 6-3 win on Thursday night in Shawinigan, Que. FRANCOIS LAPLANTE/FREESTYLE PHOTO/GETTY IMAGES FILE

Timo torches 'em in Shawinigan

QMJHL. Forward Meier's four-goal night fuels Mooseheads win



KRISTEN
LIPSCOMBE
kristen lipscombe@metronews.ca

Timo Meier was on fire

Thursday night.

The 18-year-old import forward from Herisau, Switzerland, put four pucks over the goal line — including three on the power play — to lead the Halifax Mooseheads to a 6-3 win over the Shawinigan Cataractes in front of 2,120 spectators at the Gervais Auto Centre.

"He just keeps improving, and his confidence is growing," Herd head coach Dominique Ducharme said by phone shortly after the win. "He was around the net all night."

Also key players in the win were "our special teams," Ducharme said. "(They) made the difference tonight — the power play and the PK with some good

Note

- Defenceman Domenico Argento, called up from the Rousseau Royal, and forward Tristan Tardif, recalled from the Trois-Rivieres Estacades, made their Halifax Mooseheads debuts Thursday.
- Defenceman Morgan Nauss is out "indefinitely" due to an upper-body injury.
- an upper-body injury.Blue-liner Josh Fitzgerald

is also sidelined due to an

upper-body injury.

- Defenceman Cavan Fitzgerald is still out with a fractured patella.
- Forward Brett Crossley remains out with a concussion. Captain Ryan Falkenham is sidelined with a lower-body injury.
- Forward Connor Moynihan served his first of a twogame suspension.

kills, and the 5-on-3 in the third period."

The Moose scored four goals on the power play. Meier's fellow import forward Nikolaj Ehlers had five assists of his own and centreman Philippe Gadoury contributed a goal and two helpers to the score sheet. Danny Moynihan added two assists.

"They moved the puck well," Ducharme said of the veteran lineup. "They were dangerous all night."

Defenceman Jesse Lussier

also stepped up, assisting Gadoury's first goal of the game to open the middle frame before scoring one of his own on the man-advantage at 4:54 in the third period.

Forwards Gabriel Slight and Anthony Beauvillier scored for Shawinigan in the second, while teammate Dennis Yan notched the final goal of the night on a Cataractes power play late in the

Halifax goaltender Zachary Fucale stopped 32 shots.

"Zach in nets was solid, and made some very big saves at key times," Ducharme said, "especially in the second period."

Shawinigan netminders Marvin Cupper and Mathieu Bellemare split time between the posts, the former letting in all six goals on 26 shots and the latter turning away seven shots in the final 15 minutes of the game.

Thursday's win marks the Moose's third straight, and gets them off to a strong start on their three-game road trip in Quebec. They take on the Rouyn-Noranda Huskies at 8 p.m. on Saturday and the Val-d'Or Foreurs less than 24 hours later, at 5 p.m. on Sunday.

"It's always nice to start a road trip with a win," Ducharme said, adding his team needs to improve its evenstrength play for its next two games, which he added will be "a good character test."

Thursday's win improves Halifax's record to 12-12-2-1, putting them in fourth place of the Maritimes Division in the Quebec Major Junior Hockey League.

NBL Canada

Rainmen look for more wins vs. Storm

The Halifax Rainmen will look to improve their regular-season record to 4-2 when they welcome the Prince Edward Island Storm to the Scotiabank Centre this Saturday night.

The last time these two teams met, the Rainmen defeated the Island Storm 101-83 on Nov. 8.

The Rainmen have three wins and two losses on the National Basketball League of Canada season thus far, and are leading the Atlantic Division.

Tip-off is at 2 p.m. on Saturday. **METRO**

AUS men's hockey

Dal, SMU hoping for better times

Both the Dalhousie Tigers and Saint Mary's Huskies will have home-ice advantage in AUS men's hockey action this weekend.

Saint Mary's hosts the Acadia Axemen at 7 p.m. on Friday evening, while Dalhousie welcomes the St. Francis Xavier X-Men at 7 p.m. on Saturday night.

Both teams are coming off losses, the seventh-place Tigers with three straight, most recently on the road to the UPEI Panthers in a 3-2 overtime matchup last weekend.

The Huskies, currently in second place in Atlantic University Sport standings, fell 5-4 to the X-Men at home Wednesday. The Acadia Axemen and UNB Varsity Reds are tied for first place. METRO

AUS women's hockey

Huskies hit road; Tigers stay home

The Saint Mary's Huskies hit the road in women's hockey action, with a game against the Moncton Aigles Bleus on Friday night and another against the UPEI Panthers on Saturday afternoon.

Meanwhile, the Dalhousie Tigers host the St. Thomas Tommies at the Halifax Forum this Sunday. The puck drops at 3:30 p.m.

Saint Mary's is currently in a three-way tie for fourth place, while Dalhousie trails in seventh and last place of the AUS standings.

METRO

Accounting for Banks

102nd Grey Cup.

Stampeders feel their kick coverage is strong enough to slow the Tiger-Cats' Speedy-B

The Calgary Stampeders say Brandon Banks won't be getting any preferential treatment in Sunday's Grey Cup.

Seven days after torching the Montreal Alouettes for 226 punt-return yards and two touchdowns in the CFL's East Division final, the Hamilton Tiger-Cats' speedster will take the field at BC Place Stadium against a Calgary team that isn't planning on changing its kick coverage for one player.

"Play fast, play aggressive, cut him off, make him stop his feet," Stampeders linebacker and special teams ace Karl McCartney said of the keys to stopping Banks. "Obviously he's a speed guy, so once you make him stop his feet, his timing's off and we can catch up.

"But if he's allowed to run he's going to change the angles. The main thing is get-

Quoted

"You have to get on top, smack him good a couple times. That might slow him down."

Stampeders linebacker Karl McCartney on the Tiger-Cats' Brandon Banks

ting on top and trying to slow him down and trip him up."

Slowing down Banks — nicknamed Speedy-B — was something the Alouettes were unable to accomplish in the East final.

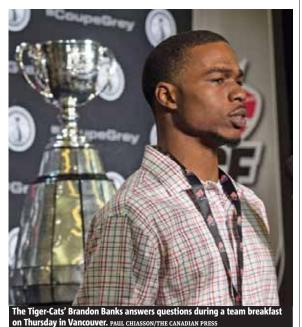
Apart from his two TD returns of 93 and 88 yards, Banks had another 78-yard runback negated by a penalty in Hamilton's 40-24 victory. The 226 yards were a playoff record, while the two punt return scores tied a CFL post-season mark. Despite the gaudy numbers, the Stampeders don't plan on altering their scheme.

"We're going to try and play our game. We feel good about the guys we have covering kicks and the way that we do it," said Calgary special teams co-ordinator Mark Kilam. "Our guys are looking forward to the challenge.

"Brandon Banks is a special player, and not only is he making a lot of plays, the guys that are playing in front of him are doing a great job. We've got to be able to win our 1-on-1s against them and get into position to make a play."

The Stampeders have a core group of veterans on their cover teams, including McCartney and Rob Cote, that have been through the battles and know what to expect on Sunday.

"Those guys have worked hard all year. They're leaders with what they do," said Kilam. "They play their roles very well, they understand their roles and that's why we've been successful." THE CANADIAN PRESS



Cricket

Player dies from ball strike to head

Australian cricketer Phillip Hughes died Thursday from a "catastrophic" injury to his head, two days after being struck by a delivery during a match.

Hughes, 25, won admirers for an unorthodox batting style and a nevergive-in attitude.

THE ASSOCIATED PRESS

Pele on the mend

Soccer legend set to leave hospital

Pele, who is being treated for a urinary tract infection, is in good condition and expected to leave a Sao Paulo hospital in the next few days, his spokesman said Thursday.

The Albert Einstein hospital released a statement saying the 74-year-old was sent to a "special care" unit

after he became unstable, but his spokesman and per-



Pele remains a worldwide ambassador to football and is active

sonal aide

denied his

condition

deterior-

ated.

with his many businesses across the globe.

THE ASSOCIATED PRESS

Disciplinary action

NHL suspends Garbutt, Lowry

Dallas Stars forward Ryan Garbutt was suspended for two games by the NHL on Thursday for kneeing the Edmonton Oilers' Taylor Hall last Tuesday. Meanwhile, Jets forward Adam Lowry received a one-game ban for boarding the Sabres' Patrick Kaleta on Wednesday. THE CANADIAN PRESS



metr⊕ **SPORTS** metronews.ca WEEKEND, November 28-30, 2014

Lions win easy as pie, thanks to Johnson

NFL. On back of superstar receiver. Detroit tops Chicago in Thanksgiving clash

After a week of questions about his limited production of late, Calvin Johnson lifted Detroit's offence with an emphatic reminder that he's still one of the game's most dynamic players.

Johnson caught 11 passes for 146 yards with a pair of first-half touchdowns, and the Lions boosted their post-

season hopes with a 34-17 victory over the Chicago Bears on Thursday. Johnson had been held under 60 yards in two of three games since returning from an ankle injury, and there were rumblings that the 29-year-old receiver was slowing down, but he quieted a lot of those concerns with perhaps his best game of the season.

"Guys still believe in what we got going here," Johnson said. "We had a good week of practice — it was a very short week, but we were very detailed in what we did on the field, coaches taking care of

us. It's our part to come out here and do our job on the

After losing at Arizona and New England and falling out of first place in the NFC North, the Lions (8-4) spotted Chicago a 14-3 first-quarter lead before

rallying with relative ease in the second. Detroit finished with a season-high 474 yards in its highest-scoring game since a 35-14 victory over the New York Giants in its opener.

Joique Bell ran for two touchdowns for the Lions, and Jay Cutler threw two TD passes for Chicago (5-7). Detroit's Matthew Stafford went 34 of 45 for 390 yards with the two touchdown passes to Johnson.

The Lions have now won back-to-back games on U.S. Thanksgiving after losing their previous nine. They beat Green Bay 40-10 last year.

THE ASSOCIATED PRESS



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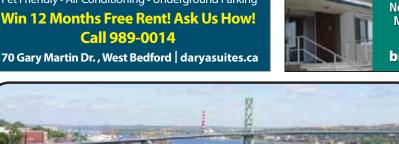
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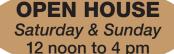
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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

↑ Aries

March 21 - April 20

You have been known to jump to conclusions and according to the planets you made a value judgment recently that you can now see was totally wrong.

Taurus April 21 - May 21

The planets warn you cannot afford to give anyone the benefit of the doubt where financial matters are concerned. Demand evidence before parting with your cash!

II Gemini

May 22 - June 21

When you want something enough you let nothing stand in your way, which is good. What is not so good is if you climb over other people to get it. Be more diplomatic.

9 Cancer June 22 - July 23

Just because one thing you tried went wrong does not mean you are a failure and anyone who says you are is not a friend and must be cut out of your life right away.

Ω Leo July 24 - Aug. 23

If a friend asks you to do something unethical, refuse — even if you owe them a favour. The best favour you can do them is pointing out why they need to rethink their attitude.

W Virgo Aug. 24 - Sept. 23

Today's cosmic influences will offer you the chance to break the deadlock in a long dispute. Can you go forward together?

📤 Libra

46

Sept. 24 - Oct. 23

Someone will say something today that is flattering, but don't let it go to your head. If you allow your pride to grow it may get in the way of seeing what still needs to be done.

M Scorpio Oct. 24 - Nov. 22

As Mercury moves into the money area of your chart you're free to make changes to your financial situation. Take others' needs into account but your own needs must come first.

Sagittarius Nov. 23 - Dec. 21

There are things in your world that have become predictable and need shaking up. The entry of Mercury into your sign today will encourage you to begin new habits and routines.

り Capricorn

Dec. 22 - Jan. 20

A parting of ways may be necessary but it does not have to be painful. The simple fact is you have moved on and so have they, but in different directions. That's OK.

≫ Aquarius

Jan. 21 - Feb. 19

There is no point dwelling on events you can't change. Focus on what might be rather than on what has been.

H Pisces

Feb. 20 - March 20

What happens today will give you the sense of perspective you have been lacking. You may have to admit that a wrong turn has been taken. It's no big deal.

Crossword: Canada Across and Down by Kelly Ann Buchanan

16

Across

1. Document to fill out

5. Bass or Treble 9. Honey drink 13. Camaro model,

14. Try, in court 15. Hogwash; or, ship

part 16. Romantic comedy,

for example: 2 wds. 18. Town in western

Saskatchewan 19. Declare as truth 20. Ottawa sports

team 22. Royal Canadian

Mint creation 24. "Everything___ by Bush

25. Opposite of Yes, in Galloway

26. Surname of the Canadian doctor born in Gravenhurst, ON

in 1890 29. Wane

30. Take of faith

31. Mess up _-jerk 33. Have reaction

38. 'Ancient'-meaning prefix

39. November 28th, 1962 for satirist Jon Stewart [acronym] 40. Collect

41. Ledge-for-literature 42. Mr. Diamond

Phillips 43. Quit 44. "Sprechen 31 32 33 42 43

18

45 46 50 51 52 55 60 64 63 65

Deutsch?" 46. Brings back employees 48. "__ So Shy" by The Pointer Sisters 51. Long list ender 52. Flatbread variety

66

53. Oscar-winning actress Ms. Spencer's 56. PetSmart purchase 68. The Bee 60. Chalk-user's need

of yore 61. Partially-country

67

63. Bird's prey clasper 64. MBA subject

65. Hats holder 66. 1979 Madness

album: 'One Beyond...' 67. RR depots

3. Massage for therapy 4. __ Canadian Art

Down

1. Soccer org. 2. Shakespeare: "Deny thy father and actor Mr. Cariou refuse thy name; __,
__ thou wilt not..."

- Juliet

Collection (Featuring

works by #17-Down) 5. Path: French 6. Winnipeg-born

7. Listeners 8. Glaciated grub glaze: 2 wds.

place

12. Thick forest's

characteristic 15. Retro furniture

piece: 2 wds. . 17. Celebrated

creative Canuck col-

lective: 3 wds. 21. Bird beak

23. Etuis: 2 wds.

26. Some bread rolls

27. "In the Valley of " (2007)

28. Prefix to 'phone'

32. Oz jumper

34. Ontario village where #4-Down is

located

35. Close

36. Convenience

37. Chemical suffixes 45. "Lord, is ____?" (Last Supper ques-

tion) 47. Thomas ___, Amer-

ican portrait artist

(b.1844 - d.1916) 48. Party givers

49. Acclaim 50. Like unfresh bread

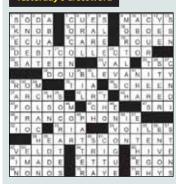
54. On 55. Breakaway group

57. Hillside

58. Hand-crafted Irish souvenir

59. Caribou cousins

62. Bus. day



See today's answers at metronews.ca/answers



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

1	6	5	2	4	7	3	9	8
9	4	7	3	6	8	1	5	2
8	3	2	5	1	9	4	6	7
2	5	4	9	3	6	8	7	1
7	8	9	4	5	1	2	3	6
6	1	3	8	7	2	9	4	5
3	7	1	6	8	4	5	2	9
4	2	6	1	9	5	7	8	3
5	9	8	7	2	3	6	1	4

9. Light rain 10. Pianist/singer Mr. 11. Ancient market-6 7

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